GOOD HOUSEKEEPING

A FAMILY MAGAZINE.

Conducted in the Interests of the Higher Life of the Household.

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[*Discussion of the Food Question to be Continued in Good Housekeeping by experienced and practical writers during the balance of* 1894, *and through the entire year of* 1895.]

Original in GOOD HOUSEKEEPING.

ECONOMY OF FOOD.

By Prof. W. O. ATWATER, Ph. D.

Professor of Chemistry in Wesleyan University; Director of Storrs (Conn.) Agricultural Experiment Station.

FOOD constitutes the chief item of the living expenses of the people of this country and of Europe. Half of the earnings of the wage-workers of the civilized world is spent for their food. The health and strength of us all are intimately dependent upon our diet. Yet the most of us understand very little about what our food contains, how it nourishes us, whether we are economical or wasteful in buying and preparing it for use, and whether or not the food we eat is rightly fitted to the demands of our bodies. The result of our ignorance is great waste in the purchase and use of food, loss of money, and injury to health.

The reason why people in general know so little about these things is a simple one. It is only within a short time past that the real facts are coming to be learned. Only the latest and the profoundest scientific inquiry has sufficed to tell just what are the actually nutritive ingredients in different food materials; how these ingredients build up the body, repair its wastes, and supply it with heat and strength; how much of each ingredient is needed to supply the demands of people of different age, sex, and occupation; how to adjust the diet to the wants of the user; and how the food materials should be selected, prepared and eaten so as to bring the greatest advantage to health and strength for the least cost. For that matter we are still in the dark as to a great many questions regarding the hygienic economy of food; nor shall we ever be able to lay down hard and fast rules for all cases, because of the difference between individuals in respect to their demands for nutriment and the ways in which their bodies can make use of the different kinds of food. But a great deal of reliable information has accumulated from the research of the past fifty, and especially the last twenty-five years.

It is time that people had clearer ideas of these very important matters. Fortunately, investigators in the highest educational and scientific institutions in this country and in Europe are earnestly inquiring into these subjects, and the practical results are beginning to be diffused among the intelligent public by schools, benevolent associations, lecturers, and the press. That such journals as GOOD HOUSEKEEPING are making vigorous attempts to spread the information and make it useful in the household, is one of the fortunate signs of the time.

A pound of lean beef, a quart of whole milk and a pound and a quarter of potatoes contain the same amounts of actually nutritive ingredients, or nutrients as they are called. But the pound of beef costs more than the quart of milk, and its nutrients not only differ in number and kind, but are, for ordinary use, more valuable than those of the milk. The potatoes cost less than the milk, but a diet of meat and potatoes is better than one of meat and milk, or one of potatoes and milk. Milk contains all the essential nutrients of food, and they are in the proportions needed to supply the needs of the body, but neither the meat alone nor the potatoes alone would make a well-balanced diet, because neither contains the different nutrients in the proportions best fitted for nourishment. This illustrates a fundamental fact in the economy of foods, namely, that the differences in the values of different foods and the combinations most proper for nourishment depend both upon the kinds and upon the amounts of nutrients which they contain.

Meat and milk, bread and potatoes, and the other materials which we use for nourishment, contain dif-

ferent classes of chemical compounds. The chemical compounds in the body are more or less similar to those contained in the food. This is natural, because the body is made of the food. The most healthful food is that which furnishes these compounds in the kinds and proportions best fitted to build up the bodily machine and serve for its fuel. The cheapest food is that which furnishes the most nutriment at the lowest cost. The most economical food is that which is at once the most healthful and the cheapest.

ERRORS IN OUR FOOD ECONOMY.

Scientific research, interpreting the observations of practical life, indicates that we make a fourfold mistake in our food economy. First, we purchase needlessly expensive kinds of food. We use the costlier kinds of meat, fish, vegetables and the like, when the less expensive ones are just as nutritious and, when rightly cooked, are just as palatable. We do this under the false impression that there is some peculiar virtue in the dear food materials, and that economy in our diet is somehow detrimental to our dignity or our welfare. And, unfortunately, those who are most extravagant in this respect are often the ones who can least afford it. Secondly, our diet is apt to be one-sided. It often does not contain the different nutritive ingredients in the proper proportions. We consume relatively too much of the fuel ingredients, such as the fats of meat and butter, the starch which makes up the larger part of the nutritive materials of flour, and potatoes, and sugar, of which such enormous quantities are eaten in the United States. Conversely, we have relatively too little of the protein or flesh-forming substances, like the lean of meat and fish and the gluten of wheat, which make muscle and sinew and which are the basis of blood, bone, and brain. Thirdly, we use excessive quantities of food. This is true not only of the well-to-do, but of people in moderate circumstances also. Part of the excess which is bought is thrown away in the wastes of the kitchen and the table, so that the injury to health from overeating, great as it may be, is doubtless much less than if all of the food which we buy were actually eaten. Probably the worst sufferers from this evil are the well-to-do of sedentary occupations—brain workers as distinguished from hand workers. Physicians and hygienists tell us that a very large part of disease, especially that which comes in the later years of life, is due to our one-sided and excessive diet. Not everybody eats too much; indeed there are some who do not eat enough for healthful nourishment. But there are those, and their name is legion, with whom the eating habit is as vicious in its effect on health as the drinking habit which is universally deplored. Fourthly and finally, we are guilty of serious errors in our cooking. We waste a great deal of fuel in the preparation of our food, and even then a great deal of the food is very badly cooked. A reform in the methods of cooking is one of the economic demands of our time.

THE CHEMICAL COMPOSITION OF FOOD MATERIALS.

My present purpose is to consider more especially the nutritive properties of food, and how to adapt our diet to the demands of health and purse; for it is exactly here that a large part of the dietary reform of the future must begin. For the discussion we must take a different view of food from that to which we are accustomed, and consider, not the food as a whole, but its nutritive ingredients and the ways in which they nourish the body. I must talk, not of beef and bread and potatoes, but of protein, carbohydrates, and fats.

If a piece of meat or bread be heated in an oven for a time, it will become dry, that is to say, the water will be driven out. The proportions of water in ordinary food materials vary from about one-eighth of the total weight in flour to three-fourths of the whole weight in potatoes and seven-eighths in milk. If the dried material be burned in the fire a small amount of mineral matter will remain in the form of ashes. This mineral matter contains

TABLE I.—COMPOSITION OF FOOD MATERIALS.

FOOD MATERIALS.	Refuse, bone, skin, shells, etc.	Water.	EDIBLE PORTION. NUTRIENTS: Total.	Protein.	Fats.	Carbo-hydrates.	Mineral matters.	Potential energy of nutrients in one pound.
	Per cent	Per cent.	Per cent	Per cent	Per cent.	Per cent.	Per cent.	Calories.
Beef side, well fattened,	19.2	44.3	36.5	13.9	21.8	....	0.8	1,180
Beef, sirloin,	9.5	48.3	32.2	15.0	16.4	....	0.8	970
Beef, round,	7.8	60.9	31.3	18.0	12.3	....	1.0	855
Beef, neck,	20.0	49.6	30.4	15.6	14.0	....	0.8	880
Mutton side, well fattened,	17.9	44.2	38.5	14.0	23.7	....	0.8	1,260
Mutton, leg,	16.1	50.6	33.3	15.6	17.0	....	0.7	935
Smoked ham,	11.4	36.8	51.8	14.8	34.6	....	2.4	1,735
Fat salt pork,	....	12.1	87.9	0.9	82.8	....	4.2	3,510
Chicken,	38.2	44.6	17.2	15.1	1.2	....	0.9	330
Bluefish, dressed,	48.6	43.0	11.1	9.8	0.6	....	0.7	210
Dry salt cod,	42.1	40.5	17.6	16.0	0.4	....	1.2	315
Canned salmon,	4.9	59.3	35.8	19.3	15.3	....	1.2	1,005
Oysters,	82.3	15.4	2.3	1.1	0.2	0.6	0.4	45
Eggs,	13.7	65.1	23.2	12.1	10.2	....	0.9	655
Milk,	....	87.0	13.0	3.6	4.0	4.7	0.7	385
Butter,	....	10.5	89.5	1.0	85.0	1.8	2.7	3,615
Cheese, full cream,	....	30.2	69.8	28.3	35.5	1.8	4.2	2,070
Potatoes,	10.0	71.0	19.0	2.0	0.1	16.0	0.9	340
Granulated sugar,	....	2.0	98.0	....	....	97.8	0.2	1,820
Dried beans,	....	12.6	87.4	23.1	2.0	59.2	3.1	1,615
Cornmeal,	....	15.0	85.0	9.2	3.8	70.6	1.4	1,845
Oatmeal,	....	7.6	92.4	15.1	7.1	68.2	2.0	1,950
Wheat flour,	....	12.5	87.5	11.0	1.1	74.9	0.5	1,644
Wheat bread,	....	32.3	67.7	8.8	1.7	56.3	0.9	1,280

the lime, phosphoric acid, and other materials which are essential for nourishment, *e. g.*, to make bone, but which, like the water, are usually left out of account in estimating the amounts of nutrients in food materials.

The lean of the meat contains compounds which are known as albuminoids, proteids, or protein. The albumen (white) of eggs, the casein (curd) of milk, and the gluten of wheat also consist of or contain protein compounds. Of the fats we have examples in the fat of meats, in butter, olive oil, and the oils

of corn and other vegetable foods. Sugar and starch are carbohydrates. The carbohydrates do not occur to any extent in meats, fish or eggs. But they are found in the form of milk sugar in milk and as starch and sugar in vegetable foods. They are the chief nutrients of wheat, corn, rice and potatoes.

The proportions of ingredients in our common food materials are illustrated in the table herewith, which will perhaps be useful for reference in connection with other articles upon food which the editors of GOOD HOUSEKEEPING are providing.*

The first column in the table gives the proportion of refuse, *i. e.*, bone and gristle of meat, shells of eggs, skins of potatoes, etc. Meat bones contain more or less nutritive material which can be extracted in making soup, and which is unfortunately wasted in many kitchens. The remaining columns show the proportions of water and nutrients in the edible portion.

Food nourishes the body in two ways: It builds and repairs the tissues, and it serves for fuel to yield heat to keep the body warm and to give it force and strength to do its work. The protein compounds are the building material. They are sometimes called "flesh formers," because the flesh, *i. e.*, muscle and sinew, is formed from them, though they make blood and bone as well and can also be transformed into fat. The fats and carbohydrates are the fuel ingredients. Both of them are transformed into the fat of the body, which is its reserve of fuel. The protein can serve as fuel also, but the fats and carbohydrates cannot build nitrogenous tissue, muscle, sinew, bone, nerve, etc., for they contain no nitrogen. Chemists have devised ways for estimating the fuel value, or potential energy, of the nutrients of food. This is expressed in heat units, called Calories, the Calorie being the amount of heat that would raise a kilogram of water one degree centigrade, or one pound of water about four degrees Fahrenheit. One Calorie corresponds to 1.52 foot-tons. A gram (453.6 grams make a pound avoirdupois) of protein or a gram of carbohydrates is estimated to contain on the average 4.1 Calories, and a gram of fats 9.3 Calories of energy. A pound of rather fat sirloin of beef would contain nearly 1,000, a pound of butter 3,600, a pound of wheat flour about 1,600, and a pound of potatoes 340 calories. The potatoes yield so little because they are three-quarters water, the butter so much because it is mostly fat.

In the adjusting of diet to the demands of the body, the important matter is to provide enough protein for the building and repair of tissue and enough energy to keep it warm and do its work. Considering the body as a machine, there must be material to make it and keep it in repair and fuel to supply heat and power. If there is not food enough, or if the nutrients are not in the right proportions, the body will be weak in its structure and inefficient in its work. If there is too much, damage to health will result.

Physiologists have made many observations and experiments to learn the quantities of the different nutrients which are appropriate for different classes of people with different occupations. A German standard (Voit's) for a man at moderately hard muscular work, a carpenter at his usual labor for instance, provides a quarter of a pound of protein and enough fats and carbohydrates to yield 3,100 Calories of energy in the daily food. Observations in this country, where people are better fed and do more work than in Germany, have led me to suggest as a dietary standard for a man of moderate muscular work 0.28 of a pound of protein and 3,500 Calories of energy. This would be furnished by a daily diet containing about 0.7 pound of beefsteak, 1.4 pounds of wheat bread, 1.6 pounds of potatoes and 0.2 pound of butter. For a man with light exercise, or a woman at moderately hard muscular work, 0.22 pound of protein and a fuel value of 3,000 Calories would probably be ample on the average. Of course these are only general estimates. The actual average food consumption of people in the Eastern states, according to the studies thus far made, is considerably in excess of these standards.

HIGH VERSUS LOW-PRICED FOODS.

I have said that one of the ways in which a good deal of bad economy is practiced is in the buying of high-priced foods. The maxim that the "best is the cheapest" does not apply to food. The best food, in the sense of that which is sold at the highest price, is not generally the cheapest, nor is it always the most healthful or economical. Salmon and tenderloin of beef at seventy-five cents a pound are no more nutritious than halibut or shoulder steak at ten or fifteen cents a pound. There is as much of the actual nutrients (and these are just as valuable for supplying the wants of the body) in the cheaper as in the dearer material. A large part of the price we pay for the costlier food materials goes for the flavor. A cook who understands how, can make a toothsome dish from a cheap cut of beef; one who does not can spoil a tenderloin.

Table I showed the proportions of the different nutrients, on the average, in a pound of each of a number of different food materials. Table II shows the quantities of protein and of energy in the food materials which one would obtain for twenty-five cents in buying some of these food materials at the prices stated.

If I buy a pound of sirloin steak for twenty-five cents, I get about three-tenths of a pound of actually nutritive material. This will include eighteen-hundredths of a pound of protein and enough fat in addition to yield some 1,100 Calories of energy. If I am

* More detailed accounts of the composition and nutritive values of food materials, with explanations as to the economy of their use, may be found in the reports of the Storrs (Conn.) Experiment Station, which may be obtained from Hon. T. S. Gold, secretary of the Connecticut Board of Agriculture, West Cornwall, Conn. Some bulletins upon this subject are about to be published by the United States Department of Agriculture, and may be had, when issued, by application to the Secretary of Agriculture, Washington, D C.—ED.

content with a cheaper cut of beef, say from the fore-quarter at 12½ cents a pound and of like composition, of course I get twice as much nutritive material for the same money. The same twenty-five cents invested in a pint of oysters, weighing a pound, would bring only six-hundredths of a pound of protein and 230 Calories of energy; but if the oysters are sold at thirty-five instead of fifty cents per quart, the same money will bring .09 pound of protein and 345 Calories of energy. If the quarter of a dollar be invested in flour at 2½ cents a pound, it will buy eight and three-quarters pounds of actually nutritive material with nearly a fuel value of over 16,000 Calories.

TABLE II.

Comparative Cheapness of Food Materials.

Protein and Energy in Quantities Bought for Twenty-five Cents.

FOOD MATERIALS AS FOUND IN THE MARKETS.	At prices per pound.	25 cents will buy		
		Tot'l food material.	Protein.	Energy.
	Cents.	Pounds.	Pounds.	Calories.
Beef, sirloin,	22	1.14	.18	1,105
Beef, neck,	8	3.13	.49	2,765
Beef, round,	12	2.08	.37	1,780
Mutton, leg,	22	1.14	.17	1,065
Smoked ham,	12	2.08	.31	3,615
Fat salt pork,	12	2.08	.02	7,295
Chicken,	22	1.14	.28	605
Bluefish, dressed,	15	1 67	.16	340
Dry salt cod,	8	3 13	.33	640
Canned salmon,	20	1.25	.26	1,220
Oysters, 35 cents per quart,	18	1.43	.09	345
Eggs, 25 cents per dozen,	18	1.37	.20	985
Milk, 6 cents per quart,	3	8.33	.30	2 675
Butter,	35	71	.01	2,550
Cheese, full cream,	16	1 56	.44	3,230
Potatoes, 75 cents per bu.,	1¼	20 00	.30	6 400
Granulated sugar,	5½	4.54	....	8,375
Dried beans,	5	5.00	1.15	8.075
Cornmeal,	2	12 50	1.15	20,550
Oatmeal,	5	5 00	.74	9,225
Wheat flour,	2½	10 00	1.11	10,450
Wheat bread,	8	3 13	.28	4.005

Animal foods have a flavor which most people enjoy, but they are more expensive, that is, a given amount of nutriment costs more in them than in the vegetable foods. This is necessary from the fact that the animal foods are made from the vegetable materials upon which the animal lives, and the process of manufacture of meat, milk, eggs and the like is more or less expensive, and a large amount of vegetable material is used up in the process.

It is a noteworthy and lamentable fact that a very large body of people of moderate incomes insist upon purchasing the dearest kinds of food. Well-to-do people are apt to be content to economize, but many with small incomes insist on having "the best," regardless of cost. The wage-workers of the United States waste enough in this way to make a very great difference in the comfort and satisfaction of their living if the money were saved and used in wiser ways.

FOOD MIXTURES FOR NOURISHMENT—INSTINCT AND CHEMISTRY.

According to Table I, wheat flour and cornmeal have nearly the same fuel value, but, conversely, experience shows that wheat is the more desirable food, and the analyses explain why. The wheat has more protein. The proportion of protein to the other ingredients, in other words, the ratio of flesh formers to fuel, is nearer to that demanded by the body for nourishment in the wheat than in the maize. At the same time we prefer not to eat bread alone. Wheat contains very little fat, and we like butter on our bread. It has a rather small proportion of protein, and we eat with it meats which are rich in protein. Potatoes have still less protein and fat in proportion to the carbohydrates than the wheat. Codfish contains little else than protein. Fat pork is mostly fat. Beans have more protein than wheat; indeed their proportion of protein is large, but they have very little fat. The famous New England diets of codfish and potatoes, and pork and beans, are based upon the soundest physiology. Rice has relatively little protein and less fat. In India, China, and Japan, where it is the great staple, it is eaten with ghee or other material which supplies fat, and with various kinds of pulse, which are leguminous seeds like beans, and which supply the protein lacking in the rice. Skim milk is rich in protein. The Irishman does wisely in taking it with his potatoes. The Scotchman is clearly rational in his use of oatmeal as a staple food and in supplementing his potatoes with haddock and herring, which are rich in protein.

In thus showing how the protein and the fuel ingredients are properly combined, physiological chemistry explains the dietary usages which mankind have come everywhere to adopt under the promptings of that accumulated and inherited experience which we call instinct.

Of course such statistics as those in Tables I and II and the dietary standards cited are very far from showing just what any particular individual ought to eat. They tell nothing of the differences in digestibility of the different materials, and thus take no account of the differences in individuality of the users.

Animal foods, such as meats, fish, eggs, and milk, are rather more digestible than most of the vegetable foods, although bread made from ordinary white wheat flour is very easily and completely digested. Bread from whole wheat flour, or that from which only part of the hull of the grain has been removed, is not so completely digestible, but is decidedly healthful for some people in aiding the passage of the food through the intestines.

There are great differences in people in respect to their power for utilizing different kinds of food. Milk is one of the most wholesome and digestible of foods and yet there are people who cannot endure it. Late research makes it probable that in the changes which milk undergoes in the body injurious compounds are sometimes formed, and that this is the reason why milk does not agree with some people. The case is the same with eggs, with certain fruits, as the strawberry, and indeed with many different food materials. Hence it may be literally true that "One man's meat is another man's poison." But

while there are exceptions, the general rule holds good that, for ordinary people with good powers of digestion and assimilation, the nutritive values of the ordinary standard food materials are measured pretty accurately by their chemical composition, and that the right mixtures of food are those which furnish the nutrients in the proportions demanded by the body.

At the same time, to avoid misapprehension, let me insist that the figures in Table I must not be taken as representing exactly the composition of food materials. Different experiments of the same kind of material may differ widely in composition. This is particularly true of meats. A sirloin from a fat side of beef may have relatively less bone, more protein and very much more fat than the same cut of sirloin from leaner beef. These figures are intended to illustrate the average composition, as indicated, of such analyses as have been made up to the present time.

SUMMARY.

The points to be emphasized in what is said above may be briefly recapitulated:

1. The value of food for nutriment depends upon the kinds and amounts of nutritive materials, or nutrients, which it contains. The principal nutrients are protein, fats, and carbohydrates. Protein compounds, sometimes called proteids or albuminoids, occur in the lean (muscle) of meat and fish, eggs, casein (curd) of milk, gluten of wheat, etc. Familiar examples of fats are the fat of meats and fish, the fat (butter) of milk, olive oil, and the oil of wheat or corn. Starch and sugar are carbohydrates.

2. The chief use of the protein is to make muscle and tendon, bone and brain; in other words, to build up the body and repair its waste. The fats and carbohydrates serve chiefly as fuel for the bodily machine.

3. The leaner kinds of meat, fish, eggs, milk and cheese are rich in protein, but contain more or less fat. Milk and cheese contain some sugar also. Fat pork and other kinds of fat meat contain little protein and large quantities of fat. Butter is mostly and lard is almost entirely fat. Flour, meal, potatoes and rice have rather small amounts of protein and extremely little fat. Their chief nutrients are starch and other carbohydrates. Beans, peas and oatmeal have considerable protein along with their carbohydrates. Fruits contain very little nutritive material, mostly in the form of carbohydrates.

4. In general the animal foods are more easily and completely digested than the vegetable foods. But the fatter kinds of meat are often indigestible, while bread made from bolted flour and meal is quite readily digested.

5. The actual nutriment costs less in vegetable than in animal foods. In the higher priced meats, fish and oysters, the nutrients are very dear. In the cheaper meats and in flour and meal they cost comparatively little. Flour and meal especially, and potatoes, when the price is low, furnish the largest amount of nutriment for the money.

6. A healthful diet is one that consists of food materials which "agree with" the user and which furnish protein, fats and carbohydrates in the amounts and proportions fitted to the actual needs of his body. Our food is apt to contain more material than we need. The chief excess is generally in the fats, sugar and starch. We eat too much of fat meats, butter, starchy foods like bread and potatoes and sugar. Of course there are those who do not eat enough, but there are more whose one-sided and excessive diet causes great injury to health. The worst sufferers, generally, are those whose occupation is sedentary and who have but little muscular exercise.

Original in GOOD HOUSEKEEPING.

IN OCTOBER.

There's a glint of gold and sapphire
In the widely arching sky,
And a flash of vivid scarlet
Where the poppy-pennons fly.

In the wood the leaves are spattered
With the blood of summer days,
And the valley wears a mantle
Wove of dusky purple haze.

The maple swings a crimson flag,
The sumac lights its fire,
And hill and woodland swiftly don
Their gorgeous state attire.

Each mountain-king puts on his crown,
And, as he rears his crest,
The Order of the Golden-rod
Flashes upon his breast.

—*Claudia Tharin.*

Original in GOOD HOUSEKEEPING.

WHEAT AND WHEATEN FLOUR.

By Prof. CHARLES D. WOODS,
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WHEAT stands preëminent among the grains used for bread. It is produced abundantly and cheaply; is readily milled and prepared for use; has a mild and agreeable flavor and contains the nutritive materials essential to the proper nourishment of the body; all of which properties contribute to make it an acceptable food for all classes, ages and occupations. Although not a "perfect" food, the nutrients (nutritive materials) of wheat are so proportioned as to make it a food well fitted for the maintenance of man both as regards its flesh-forming and heat and force-producing characters. It is better adapted for food than any of the other cereals, as it is more nutritious than rice and has a pleasanter taste than Indian corn or rye. Doubtless the vigor of the peoples of temperate climes is as largely due to this food as to any single cause.

Wheat has been cultivated from the earliest times, and the art of bread making long preceded history. More than three thousand years before Christ it was the most important cereal cultivated in Egypt. Of

what land or lands it was a native and whether all of the numerous varieties now grown sprang from one or several distinct species, is unknown.

VARIETIES OF WHEAT.

Upward of 150 varieties of wheat are in cultivation, but many of them differ from each other only slightly. The most important differences depend upon the chemical composition of the grain, but these do not always correspond with the external characteristics of the berry. Wheats are spoken of as red and white, in reference to the color of the berry; as bearded or beardless, as they have or do not have awns, or bristles; as winter or spring, in accordance with the time of sowing; and as hard or soft, the hard wheats being firm and hornlike in appearance, while the soft wheats are tender and floury. This last distinction is an important one since it rests upon differences in chemical composition and nutritive value. The hard wheats are richer in gluten and other nitrogenous materials and make the strongest flours. Conditions of growth, as climate, manuring, etc., have much to do with the character of the grain. Wheat does not flourish under a tropical sun or in high northern latitudes. The best wheats are grown in temperate climates where the heat of the sun is very great during the summer months, as in the interior of Russia and our own country. In fine, hot, dry seasons the grain is hardest, the starch is diminished, and the gluten and other nitrogenous materials are increased in amount. In general the harder the wheat, the less water it contains, the better its keeping qualities, and the greater the yield of flour from a given weight. The flour from the very hardest wheats is decidedly yellow and does not make white bread. It is chiefly used for the manufacture of macaroni and other forms of Italian pastes for which it is especially adapted. The yellowish color characteristic of these pastes is due to the flour from which they are made. White macaroni is not nearly as agreeable to the taste nor so nutritious as that made from strong wheat flour.

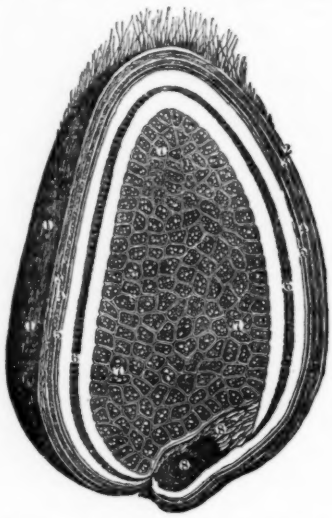
By far the larger quantity of wheat grown is of a medium hardness and is used for the manufacture of bread flour, being either ground by itself or with the addition of soft wheat to improve the color of the resulting flour.

The soft wheats are characterized by their starchy appearance. They are easy to mill, and give very white flour. They are deficient in gluten and are less nutritious than the harder kinds, and the resulting flour is weak and not as well adapted to bread making. They are largely used for the manufacture of starch and of pastry flour, and are mixed with hard wheats to improve the color of the flour.

THE BOTANICAL STRUCTURE OF THE WHEAT BERRY.

A crease runs lengthwise of the more or less oval wheat berry, dividing it into two lobes. The germ or embryo is at the lower end on the side opposite the crease. At the pointed end there is a slight beard of fluffy material, which with the dirt that collects in the crease necessitates careful removal before milling.

The illustration is taken from a volume of the Census for 1880 and represents the berry highly magnified and split lengthwise through the crease. The three outer envelopes (2, 3 and 4 in drawing) are colorless



and resemble straw in composition. They are readily removed by dampness and friction in a process termed decortication. The three outer envelopes constitute about three per cent. of the weight of the berry. The next tegument (4) contains the small cells which give the color to the whole berry. This weighs about two pounds in every hundred pounds of wheat.

The next layer (6) is part of the true seed, and is represented in the figure with imaginary clear spaces on each side so as to more plainly show that it is a continuation of the germ (8) at the base of the berry. These square cells are filled with oil and with a peculiar proteid called cerealin. This portion is far richer in flesh-forming matter than any other portion of the berry except the germ or embryo, of which it is really a part. Considerable discussion has arisen as to whether the germ should or should not be left in the flour. In practice it is left out of all high-grade flour, as it imparts a dark color to the flour and bread, and also acts as a ferment on the starch and gluten, reducing the keeping qualities of the flour.

The entire central portion of the grain (7) constitutes the endosperm or floury portion. This is composed of large cells in which both starch and gluten occur. The center is the softest part, and is richest in starch but poor in gluten. It makes a white flour, but one which does not rise or bake well. This portion constitutes about one-half of the whole berry by weight. The outer portions of the endosperm are richer in gluten, and twenty parts of this material mixed with the fifty parts from the more central portion make up the finest quality of flour. The cells

immediately nearest the embryonic membrane (6) are the hardest and richest in gluten. In grinding these become mixed with bran and are rendered unsuitable for high-grade flour. It is the aim of the miller to get as much of the outer portions of endosperm as possible without retaining any of the bran which injures the color of both flour and bread.

MILLING.

The miller aims to crush the wheat berry to the finest flour without impairing its elasticity, and to remove the bran, germ and impurities which cause the bread made from the flour to bake dark. In properly mixing the different varieties of grain, so as to produce the best flour, and in the grinding and subsequent preparation for food, there is ample scope for the application of the highest skill and knowledge.

The "old" process of milling was a comparatively simple one and consisted essentially of two steps—the reduction of the wheat to flour by passing it through a run of stones, and the subsequent bolting of the resultant material by which the flour, bran, etc., were separated from each other. The chief object aimed at in this process is the production of the largest possible amount of fine flour by passing the grain between the millstones but once.

About twenty-five years ago a great change was introduced into the manufacture of flour from wheat. The roller or "new" process by which "patent" flour is manufactured differs materially from the "old" process. It may be briefly outlined as follows: The perfectly cleaned grain is conducted to the burrs and "granulated"—not ground as in the old process—and the resultant "chop" is separated into its component parts of flour, middlings and bran. The flour thus produced from the first chop is of an inferior grade. The middlings are the coarse particles of the endosperm of the berry which give the strongest and best flour, and from these, by several grindings and separations the patent or high-grade flour is made. The first roller mills were quite simple in comparison to the Hungarian or gradual reduction process mills which have for the most part replaced them. This method is an extension of the principles of the "new" process from which it differs chiefly in multiplicity of detail. From the nature of the gradual reduction process, the larger the mill the greater the economy in the manufacture, and for small mills the "new" process is probably equally efficient. The complexity of the gradual reduction process is illustrated by the fact that about seventy different finished or intermediate products are obtained.

CHEMICAL CONSTITUTION OF WHEAT.

The chief chemical constituents of wheat may be classified as follows:—

Water.		
Proteids or Albuminoids,	Soluble,	Albumen. Legumen. Cerealin.
	Insoluble (Gluten),	Myosin. Gluten. Mucedin. Fibrin.
Fat.		
Nitrogen-free extract or Soluble carbohydrates,		Starch. Dextrin. Sugars.
Fiber. Cellulose or woody fiber.		
Mineral matters or ash.		

The quantity of water in wheat and flour varies within narrow limits. It seldom rises above thirteen, and rarely falls below nine parts in one hundred. The extreme variation found in the analysis of 310 specimens of American wheat is from 7 to 14 per cent. of water. Wheat grown in a damp climate or a wet season will contain more water than when grown under opposite conditions. A large proportion of water is objectionable in wheat for two reasons: It is not worth purchasing at the price given for wheat or flour, as it is of no more nutritive value than water from other sources. A much more serious objection to high percentages of water in wheat and flour is that it indicates unsound wheat and that the other constituents will not be of the best. Damp wheats and flour favor the development of the organisms which produce mustiness, and an excess of moisture renders part of the gluten soluble, so that it loses its elasticity and favors the changing of starch into dextrin and maltose to the marked detriment of the flour.

The protein compounds are the most valuable from the nutritive standpoint, as they are the flesh-forming constituents of the food. Some of the proteids serve a very important purpose in bread making. They may be roughly grouped into the soluble and insoluble proteids. The soluble have a serious action upon starch and also on gluten, the insoluble protein compounds of wheat. Under the influence of yeast they change starch into dextrin and maltose. On this account it is desirable that the soluble proteids should be relatively low in amount. These bodies occur largely in the bran and germ and embryonic membrane, and are removed from the flour during milling. This is especially true of the roller process by which nearly all bread flour is now manufactured. The inferior wheat grown in damp years and wet climates is due to the proteids being left in the soluble condition. Hot, dry sunshine is necessary to the proper ripening of the grain so as to cause the proteids to assume the insoluble form.

The insoluble proteids constitute the tough, elastic gluten which may be obtained by doughing the flour and washing away the starch. The gluten of wheat imparts to flour its remarkable and valuable property of rising into a light, spongy loaf. Hence wheat, to be of high quality, must contain a high percentage of gluten. This in itself, however, is not enough, since gluten differs in quality, some being tough and elastic, while others are soft and flabby. These latter yield weak flour and poorly risen bread. Gluten should be present in considerable quantity, and should be highly elastic in order that a wheat or flour should be of the first class. A close relation exists between the amount of soluble proteids and the gluten. High percentages of soluble protein

will always accompany high percentages of gluten. But high soluble protein compounds and low gluten are distinct evidence of low-grade or unsound wheat.

The fat of wheat is valuable from the nutritive standpoint rather than from that of the miller. Wheat contains much less of fat than does Indian corn or oats, and wheat flour contains much less than whole wheat. The germ and embryonic membrane contain high percentages of oil, and as these are usually removed in milling, the resulting flour has in consequence less of fat.

The soluble carbohydrates or nitrogen-free extract consists of starch, sugar and gums. Dextrin and sugar exist in sound wheat and flour in only small amounts. The presence of much dextrin in wheat or flour is objectionable. The sugar of flour is necessary for fermentation, and is therefore allowable in small amount. It should be almost entirely in the form of cane sugar, the presence of maltose being evidence of unsoundness. Starch is of great importance, being the chief fuel constituent of wheat. In sound wheat the starch granules are whole, while in wheat that has sprouted or heated, the granules are often broken and the starch is more or less changed into dextrin and sugar (maltose).

The fiber occurs principally in the outer layers or coatings of the wheat which go to make up the bran. It is nearly valueless for food, and as it imparts a dark color to both flour and bread, the miller endeavors to keep it out of the flour as far as possible.

The ash or mineral matters of wheat consist largely of potassium phosphate which has considerable nutritive value. The far larger portion of the ash is left in the bran.

The average composition of American-grown wheat and flour, as found from the results of American analyses, are given in the table which follows :—

AVERAGE COMPOSITION OF WHEAT AND WHEAT FLOUR.

	Kind of Wheat.		Kind of Flour.			
	Spring.	Winter.	Spring wheat.	Winter wheat.	Graham.	Entire wheat.
Water,	10.4	10.5	12.1	10.7	13.1	12.0
Protein,	12.5	11.8	12.0	10.3	11.7	14.0
Fat,	2.2	2.1	.9	.9	1.7	2.0
Nitrogen-free extract,	71.2	72.0	74.5	77.5	69.9	69.6
Fiber,	1.8	1.8			1.8	1.1
Ash,	1.9	1.8	.5	.6	1.8	1.3
Gluten { Moist,	32.3	30.0	36.1	29.6	—	—
Gluten { Dry,	11.9	11.0	10.9	9.1	—	—

From the table it will be seen that the percentages of water, fat, fiber and ash are practically the same in the two kinds of wheat, and that the principal differences between them is in their content of protein and nitrogen-free extract. The protein is higher in spring wheat, and the nitrogen-free extract (starch, etc.) correspondingly lower.

The strength of a flour depends upon its water-holding capacity, and its ability to make good, light, spongy bread is quite accurately indicated by the percentage of gluten and especially of moist gluten. The percentage of dry gluten in spring wheat is only 0.9 per cent. greater than that of winter wheat, but the percentage of moist gluten exceeds that of winter wheat by 2.3 per cent. The marked improvement in the quality of flour rendered possible by the introduction of the roller process is evidenced by the difference of 6.5 per cent. in the percentages of moist gluten in spring and winter wheat flours.

That flour from spring wheat contains more water than that from winter wheat is due in part at least to differences in milling, as most of the winter wheat flours which have been analyzed were manufactured by the "old" process which heats and tends to dry the flour. The percentages of water are higher in the endosperm than in the envelopes of the wheat berry, and hence flours not dried in manufacture always contain a higher percentage of water than the wheat from which it was made. The difference between spring and winter wheat flours is chiefly due to the proteid compounds.

Graham flour is usually made from winter wheat flour, and is simply the ground, unbolted wheat meal. It is frequently made from low-grade or unsound wheat, as is somewhat indicated by the high percentage of water found in the specimens analyzed. Other than the high-water content and consequent lower percentage of nitrogen-free extract, it differs but little in composition from winter wheat.

Entire wheat flour is made by grinding the decorticated (usually spring) wheat berry. The hulls which are removed somewhat resemble straw in composition, and in consequence the meal of decorticated wheat (entire wheat flour) contains more water, protein and fat and less nitrogen-free extract, fiber and ash than the whole wheat. An attempt to point out some of the merits and demerits of this class of flours will be made in a subsequent paper upon the chemistry of bread and bread making.

Original in GOOD HOUSEKEEPING.

A PARABLE.

Summer is gone, the butterflies are dead,
The little birds fly southward, one by one;
No longer elm and maple widely spread
Their boughs of emerald 'neath the shining sun;
The roses, too, are dead—woe and alas!
"So sweet a season and so soon to pass!"

Yet look again, sweet maid, and sigh no more;
With red and gold the bowers of Autumn shine,
Russet and crimson deck the treetops still
And gaily paint the tendrils of the vine;
The wee, brown sparrows twitter, chirp and fly,
And glorious sunsets light the western sky.

All is not over, because Summer's fled!
'Tis but a little while, ere back again
Will come the blithesome robin and the wren
And herald the sweet queen with all her train;
Far sweeter blossoms yet shall climb and creep,
Where the dead roses lie in dreamless sleep.

—*Helen Percy.*

Original in GOOD HOUSEKEEPING.

AMONG THE WAVING CORN.

Down in the fields the tasseled corn
Flutters its ribbons green,
That cast a tangled web about
Of shifting shade and sheen.

The timid cornflower doffs its hood,
And shows its azure eyes,
That open on this wondrous world
In tremulous surprise.

Off somewhere, in adjacent woods,
A little brooklet trills,
Of purple shades and leafy bow'rs,
Among the distant hills.

The bold and flaunting poppy holds
Its crimson goblet high,
To tempt with sweet and drowsy wines
The bee and butterfly.

—*Claudia Tharin.*

Original in GOOD HOUSEKEEPING.

UNCLE SAM AND THE FOOD QUESTION.

By GEORGE K. HOLMES,
Of the United States Census Bureau, Washington, D. C.

Some idea may be gained of the national importance of "The Food Question," to say nothing about its local interest and value, down even to the remotest corner of the earth—the cabin of the pioneer, as well as the castle of the highest civilization—by a perusal of the following description of what our Government is doing and developing in connection with the growth, treatment, preparation and use of "Food for the Family of Man." This paper is from the pen of George K. Holmes, a prominent official of the Census Office, at Washington, D. C., with excellent facilities for procuring and preparing for print, interesting and intelligent data and detail of our national peculiarities and providing for the public welfare.—*Editor of* GOOD HOUSEKEEPING.

FOOD is such a prominent product and the interests of food producers are so many and so important that a national Department of Agriculture has been established, whose secretary is a member of the President's cabinet. Almost everything that this department does relates directly or indirectly to food. Probably nothing that it has done has been of more practical and financial benefit to the country than its inspection of cattle, sheep and hogs. At the various stock yards the government inspectors are on the alert to find diseased animals, and when disease is detected, if contagious, it is traced back to its origin at the place from which the animal was brought. In this way unhealthful meat is kept from consumers and contagious diseases among animals are suppressed.

After struggles for five years, the department succeeded in a complete eradication from the United States of the contagious cattle disease, pleuro-pneumonia. To show how generally the animals are in a condition fit for food, it is only necessary to say that in a recent year, out of more than 3,000,000 head of cattle inspected, only 141 were condemned on ante-mortem examination, and 1,914 on post-mortem examination; and that out of more than a million and a quarter hogs inspected microscopically there were found only two per cent. affected with trichinae. So well done is the work of the department in its inspection of cattle, sheep and hogs and their food products that a preference has been shown among a certain class of consumers in both the British and our home markets for inspected products, these commanding in some cases from one-half a cent to one cent more in price than the uninspected.

The department, by the limitation of the constitution, cannot inspect animals or meat unless they are intended for transportation from one state to another, or exportation; therefore, the probability is that unless a state has a thorough system of inspection, meat that has been brought from other states is more likely to be healthful than the state's domestic meat.

For the suppression of contagious diseases among animals the department has a laboratory for the investigation of animal bacteria and of animal parasites.

Aside from the inspection of meat, it is mostly a work of investigation and experiment that the department does, the results of which are published in books that are distributed to all persons who ask for them.

Much has been done in the direction of vegetable pathology. Experts have recently investigated, or are now investigating, diseases of the orange and lemon, which cause an annual loss of a quarter of a million dollars in Florida. A disease of vines, the shot-hole fungus of the almond, the souring of figs, the blasting and blighting of grape flowers and fruit, the leaf blight of quince, pear, plum and cherry, and other nursery stock, have been under investigation; attention has been devoted to apple and pear scab, to peach yellows, and to rust in wheat and oats. The work of the experts has been rewarded with much success and the nature of their discoveries may be learned by any one who will write to the department.

Under the administration of Secretary Rusk, Col. Charles J. Murphy, who, at his own expense, had been traveling in Europe to induce the people to make maize a prominent article of food, was employed by the government to push his efforts still further. Very little maize is eaten in Europe and that little the people do not well understand how to grind and cook. First, as a private individual he lectured before the National Agricultural Society of France in his endeavor to extend the use of this grain and overcome the prejudice against it. He visited Amsterdam and Rotterdam in Holland, Antwerp, Bruges and Brussels in Belgium, Liverpool and London, working while in these cities, as far as opportunity offered, to spread an accurate knowledge as to the value of corn.

At the International Exhibition in Edinburgh he erected a corn palace on his own personal account, and there, during six months, before nearly 3,000,000 visitors demonstrated in a convincing manner the worth of corn as human food, serving it to the public at nominal prices, distributed literature containing cooking recipes and other necessary matter, giving free meals to inmates of charitable institutions, with a view to the introduction of corn dishes therein and

in many ways interesting the people generally. To show how great the prejudice against corn was in the city of Glasgow a few years ago, Col. Murphy says that when a member of the poorhouse board proposed to substitute Indian corn for the costlier food in that institution, the mere suggestion brought a storm about his ears, and that in the ensuing election he was overwhelmingly defeated because of his inhumanity in thrusting upon the defenseless paupers a food that was thought only fit for pigs.

In Germany he encountered an obstacle in the custom of buying bread from bakers instead of making it at home. This necessitates that the bread in common use should have keeping qualities, and the best solution of the problem was found in the manufacture of a mixed bread composed of rye and corn, which was found to be cheaper than bread made entirely of rye, the bread commonly eaten, and it was found to be palatable and to possess the keeping qualities necessary among people who oftentimes purchase their bread supply once a week. In consequence of the efforts that Col. Murphy made, maize as an article of food was investigated by health officers, and by military authorities, with a view to its adoption as an army ration. It is believed that a considerable consumption of maize as food in Europe will result from all of these efforts.

Among the experiments undertaken by the department have been several in regard to sugar-producing plants. In a recent year 15,000 packages of sugar beet seed were sent to about 8,000 farmers in all parts of the country, with directions for planting and cultivating and for returning samples for analysis. Experiments were also conducted at four stations of the department, and these are regarded as demonstrating the feasibility of beet sugar manufacture in this country. Other experiments have been directed to sorghum cane in Kansas and sugar cane in Florida.

Vigorous work has been done in the investigation of food adulteration, and the amount of chemical work done in connection with this is said to be larger than any similar chemical work done anywhere in the history of science. In the case of sugar it was found that there was practically no adulteration; in molasses almost all of the fancy brands were found to be adulterated with glucose, and so with about half of the honey samples. Teas were found to be faced with mineral and coloring matter, so that poor and spent leaves would have the appearance of the best article; chocolate was found to be largely mixed with sugar and starch, and coffee to be adulterated often in the berry by artificial grains and in the ground state largely by chicory and other cheap substances. The report on the adulteration of canned vegetables is an exhaustive one, and the same may be said of the reports on baking powders, lard and lard adulterations, and dairy products.

The general results of the investigations show the great extent to which American consumers are cheated in buying foods, and emphasize the necessity of some national law by which the exportation of adulterated articles of food from one state to another can be prevented.

Among the more interesting reports of the department, in a field unfamiliar to the general public, are three relating to edible mushrooms, with directions for their identification and preparation as food. The colored lithographs, with printed directions, should enable every one to distinguish the edible from the poisonous varieties.

The bulletin on the fermentations of milk is a satisfactory resumé of the results obtained at home and abroad in the investigation of the bacteria and other ferments to which the various changes in milk, butter and cheese are largely due, and in regard to which definite information has been obtained only in recent years.

It is as a distributer of seed, perhaps, that the department is better known to the people. In recent years, from half a million to a million packages of seed have been distributed throughout the country at a cost of from about a cent and a half to two cents a package. In a recent year, enough cabbage seed was sent out to plant over 19,000 acres, a sufficient quantity of beans to plant 4,000 acres, of beets to plant 2,500 acres, of sweet corn to plant 7,800 acres, together with enough cucumber seed to plant 2,025 acres, enough musk and watermelon seed to plant 2,675 acres, and enough flower and vegetable seeds, all together, to plant almost 90,000 acres of land.

That this popular dissemination is regarded as a gratuity and nothing more, is proved by the failure of any general recognition of benefits by those who have received the packages, notwithstanding the fact that the instructions of the department require them to report results.

Plants as well as seeds are distributed, and they are propagated by the department not only for the sake of introducing new varieties, but also for the purpose of introducing foreign plants to this country. In one recent year 60,000 plants were distributed, all of them being what are termed economic plants as distinguished from those of purely ornamental value. In detail, the plants distributed were represented by the following numbers: strawberries, 30,400; grapes, native and foreign, 15,000; olives, 2,734; cucumbers, 2,696; figs, 3,000; tea, 2,690; coffee, 710; raspberries, 421; pineapples, 576; and miscellaneous, consisting in part of oranges, currants, loquats, vanilla, black pepper, and various semi-tropical plants, 2,875. There is much inquiry in regard to the olive and the fig, and of these many thousands are annually propagated and sent to regions best fitted for their growth.

One of the most interesting of the publications of the department was written by Edward Atkinson, with his usual force and originality, and is entitled "Suggestions Regarding the Cooking of Food." He finds an indictment against the prevailing cooking stoves and methods of cooking, and maintains that they are wasteful and prepare food which, from a chemical point of view, is uneconomical and not as fit for digestion as it should be. He explains how,

by means of his cooking box and "Aladdin" oven, food may be cheaply and scientifically cooked. The pamphlet also contains information in regard to the nutritive value of common food materials.

The utility of much of the work that the Department of Agriculture does depends upon the spreading of information in regard to it among the people and upon the extent to which the information is taken advantage of by them. If the people do not know what the department is doing, it is not for the want of printing presses. Every month a list of new publications is sent to every person who asks for it, and, upon returning the list, such publications as are wanted and indicated in the list are supplied.

That the department is worth as much as it costs has sometimes been doubted, but without taking account of the work that is really accomplished. Secretary Rusk estimated that the inspection of cattle and meat alone was worth $40,000,000 annually to the cattle growers of this country. Beyond that, the work done by the department is mostly beyond the power of the individual citizen to do on account of the cost, and largely on account of the want of reward, if the cost could be borne by him. The concerns of the department are, therefore, true public functions, nearly all of them having for their object the perfection and diversification of food.

Original in GOOD HOUSEKEEPING.

PURPLE ASTERS.

In cool of wood, the shades among,
Where late is heard the robin's song,
There, there the purple asters throng,
  In breeze ne'er fail to nod,
  Along with golden-rod!

'Mid grasses rank, the purple stars,
Where sunlight falls in golden bars,
Where naught the peace and quiet mars,
  We count them even odd,
  Along with golden-rod!

Entwined with daisies, mulberries,
White morning-glories, too, may kiss,
With golden centers, purple bliss,
  Wild, fair, they gleam from sod,
  Along with golden-rod!

—*Florence Cone.*

Original in GOOD HOUSEKEEPING.

SOME PECULIAR FOOD SUBSTANCES.

By J. BREWSTER SEDGWICK, M. D.

ONE-HALF the world does not know what the other half eats—at least from practical experience. We read or hear of this, that and the other thing being used for food, and perhaps considered a dainty—articles which to us seem wholly unpalatable, or perhaps even disgusting. But possibly if we were to mentally analyze the articles which are common to us, we should find that difference after all is simply one of taste, habit and possibility. Education has something to do with the matter, and knowledge often removes causes of wonderment and incredulity.

How many a thoughtless though devout reader of the Bible, for instance, has paused over the account of manna gathering by the Children of Israel in the wilderness, and looking upon the stores of "heavenly bread" which they collected each morning, has wished for a similar miracle, adapted to these later days, to come into his own experience! Yet the abundant supply of food thus secured should no more be regarded as a miracle than should the generous fruiting of the trees and vines which grow upon our premises, under our personal care. Each is in one sense a miracle, which not all the science of the world can explain, any more than it can explain the growth of a blade of grass, or the secret of even the humblest form of life.

In some of the eastern countries, notably Arabia and Persia, a manna answering closely to that mentioned in the Scriptures is still naturally produced in considerable quantity. It comes from the tender branches of the tamarisk, and is known to the Persians by the name of "tamarisk honey." It consists of tear-like drops which exude in consequence of the puncture of an insect, during the months of June and July. In the cool of the morning it is found solidified, and the congealed tears may be shaken from the limbs. That, in fact, is one of the methods of gathering manna. Herodotus alludes to the same nutritious product, so that there is no doubt it has been known in those regions from the earliest ages. It is easy to see how it might be produced in wonderful quantities without any special manifestation of the supernatural. It is a sweetish substance, pleasant to the taste, and highly nutritive.

Some students of the Bible have supposed the manna there mentioned to have been a fungous growth; but while the explanation would be a natural one, the modification which it would require is an unnecessary one. There are numerous interesting things, nevertheless, about the various kinds of fungi which modern experimentation has decided to be edible; and not only that, but highly palatable and nutritive. What country boy of an imaginative nature but has frolicked in mimic warfare with imaginary foes, getting the smoke for his artillery and infantry from the numerous "puffballs" which a convenient pasture afforded, while his own lung power furnished the "crash and roar and cheer" for the inspiring contest! Yet science has demonstrated that those very puffballs were once good to eat—in fact, capable of furnishing the most dainty refreshment!

The trouble with mushrooms, so far as their use as a popular food is concerned, lies in the fact that some of the varieties are poisonous, and it evidently requires an expert to determine which may and which may not be eaten with safety. Besides, as soon as decay sets in, which does very early, even the edible sorts become particularly poisonous. While there are so many dangers connected with their use, and while there are so many comparatively safe articles of food, equally delicious, we can scarcely expect very much from the mushroom.

The bread fruit, an important edible in most of the tropical regions of the globe, is a native of the South Sea Islands, and is the product of a tree which grows to the height of perhaps forty or fifty feet. The fruit is of the size and shape of a muskmelon, and for eating must be gathered before it is fully ripe, as it has then an offensive taste; but as different varieties of the tree ripen their fruit at different seasons, it is easy to have a supply about all the year around. It may be cooked in many different ways, but the common method among the people most dependent upon it is to bake it in a pit through the agency of heated stones. It may be cut in thin slices and dried in the sun for future use, when it is available for grinding into flour or for baking without the formality of pulverization. The fruits are sometimes stored in pits for future use. In that case they ripen and ferment, giving a very unpleasant smell, and forming a substance of cheesy appearance; but after being baked the offensive odor disappears, and the food secured is palatable and nutritious. An English writer who had thoroughly tested bread fruit says of it: "With meat and gravy it is a vegetable superior to anything I know, either in temperate or tropical climates. With sugar, milk, butter or treacle it is a delicious pudding, having a very slight and delicate but characteristic flavor, of which, like that of good bread and potatoes, one never tires."

It is not, even yet, generally known that the peanut, which has been so popular for a long time as a semi-luxury—especially on circus days—is in reality a food material of remarkable sustaining power. This fact has been demonstrated by experiments in German hospitals, where the value of soup made from peanut meal—that is, the meal left after the oil of the nuts had been expressed for other purposes—was so fully demonstrated that the ministry of war of that great country is contemplating the introduction of peanut meal as a ration of the German army. The peanut, as is well known, is a herbaceous annual of the pulse family. It grows in the Southern states, and throughout the tropics. It has one peculiarity which is worthy of mention. The plants bloom above the ground, as is natural; but after the decay of the petals, the lower flower stalks, which alone bear fruit, bend over and penetrate the ground to the depth of several inches. On these the nuts grow, the plants being killed by the first frost, when the fruitage ripens.

Like the peanut, the bitter cassava, from which tapioca is obtained, is a native of South America, and probably of Brazil, where its product is one of the most important articles of food, as it has been for many generations. In the words of a recent writer: "It is found upon every Brazilian table in some form or other at every meal, not only in various wholesome and palatable dishes, but it figures largely in greasy, garlicy soups and in the everlasting olla podrida of *carne seca* (dried meat), sliced together with lard, beans, yams, seeds, and goodness knows what. In the form of coarse flour a majority of the population use it the year around in lieu of bread; made into a thick porridge it is eaten at all times; babies are weaned on it; it is the sole diet of invalids in Brazilian hospitals; a mild intoxicant is distilled from it which is the universal drink of the lower classes; and it appears in no end of strange culinary messes whose other ingredients are an unguessable conundrum."

Strange as it may seem, this wonderfully useful article is simply the starch from the root of the cassava—a plant having a round dozen of other names, which need not be given. The root, in its green state, is so poisonous, from the hydrecyanic acid which it contains, that thirty drops will cause a man's death within six minutes. This poisonous principle is, however, readily and perfectly dispelled by the application of heat, and thus narrow is the line between certain and horrible death and nutrition, life and strength!

Among the plants and plant products used for food there is such a range of notable things that it would be quite impossible to go over them in anything approaching completeness even to select the more *outre* and unconventional. The Department of Agriculture at Washington has a collection of "the queer foods" of the world; but it is in so remote a corner of the great building that it receives notice from but few people, unless their attention has been specially called to its existence. Food articles used by Indian tribes in different portions of the world are most numerous. Mention may be made of a loaf of bread, the material for which was the roasted leaves of a plant allied to the century plant, and another loaf made from the dough of juniper berries. Some Indians make a sort of cake from the bulbs of flowering plants, and most of these, even of the beautiful favorites of our gardens, are, when properly cooked, palatable to refined tastes. It would seem a desecration, however, to employ them for ordinary food purposes, at the sacrifice of their æsthetic possibilities.

In the western portion of our country the aborigines employ some queer food material—showing the great range of possibilities provided in the economy of nature for the sustaining of human life. The prairie Indians enjoy a dish of wild turnips—which most of us would find altogether too pungent; and in the desert regions beyond, the "screw beans," growing on mesquite bushes, are utilized for food. The California Indians take what we should regard as a step further down the scale; but perhaps it may be only a greater degree in the variation of tastes. The seeds of salt grass form one of their luxuries, while others get an agreeable diet in soap berries. The Digger Indians collect what are known as pine nuts—the seeds of certain species of the pine—by kindling fires against the trunks of the trees, which cause the nuts to fall from their cones. The heat also forces from the bark of the tree a saccharine gum which the red man uses and prizes much as the New Englander prizes the product of the sugar maple. The Arizona Indian thrives upon the seeds of gourds, which he makes into a sort of mush or pudding.

Some of the lichens or mosses are valuable articles

ot food for the people whose destinies are cast where that class of vegetation flourishes. This is especially true of Iceland moss, which is well known in many portions of the world, as well as in the country from which it takes its name. This plant has in its natural state a bitter taste; but this is removed by boiling in water, and afterward the vegetable may be still further boiled and eaten with milk, or reduced to a powder and made into a cake. It is often the sole food of the poorer class of Icelanders. In a similar way the "reindeer moss," which is a still lower grade of growth, is often employed for human food, being powdered and mixed with the flour from some species of cereals.

What is one man's annoyance is often a blessing to others. Even some of the "insect pests" of the country are utilized as food and esteemed delicacies by the Indians. The Department of Agriculture exhibit, previously referred to, has a jar of pulverized crickets which are eaten in that way by the Oregon aborigines. The insects are roasted in a pit, with alternate layers of hot stones, being afterward dried and ground. They are then mixed with pounded acorns or berries, and the paste thus compounded is dried in the sun. The flavor of the desiccated meat cake so prepared is varied by the addition or substitution of grasshoppers or slugs, according to the "yield" of insect life. Snails are also highly prized by some of these primitive people. While we naturally shrink from the uninviting aspect of these things, in a state of nature, it might not be amiss to critically inspect some of the dainties of civilized epicureanism, such as frogs, lobsters, crabs, oysters, clams and the like, none of which in the state of nature would strongly appeal to the uneducated palate or the undisciplined stomach.

Birds'-nest soup is a Chinese delicacy of high grade, and one which is found quite agreeable to the palates of Europeans and Americans, when once they have been brought to taste it. The nests which are employed are the product of a species of the swift, and consist essentially of a mucus secreted by the salivary glands of this active bird. This when dried has much the appearance and some of the qualities of isinglass, and if unmixed with foreign materials is regarded as very valuable. The value of the "find" is, however, decreased in proportion to the quantity of feathers and foreign substances combined with the gelatinous matter in the nest. The nests are used in a culinary way solely for the making of soup.

The declaration of modern chemists that it will be feasible to make nutritive food from wood fibre, through some of the chemical processes, calls attention to the fact that the inhabitants of northern Siberia habitually use a certain variety of larch wood as an article of food, even when not impelled to do so by hunger. The portion which they use is the immature layer immediately beneath the bark. As this grows very rapidly during their brief apology for a summer, it is found in a decidedly immature state at the return of winter. This layer of unripe wood is scraped off, chopped fine, mixed with snow and boiled in a kettle—being actually reduced to an imperfect sort of cellulose, something after the manner of making chemical fibre for the paper mills. If the Siberian has a store of luxuries at command, he mixes with it a little fish, roe, milk or butter; otherwise he eats the pulp alone—though some writers claim that this is done largely to excite the sympathy and secure the charity of visitors. Yet the writer distinctly recollects that country school children of our own land, a generation or two ago, used to devour with a relish the tender young leaves of the beech, the bark of the birch, and the succulent twigs of the balsam. And this, not as an alternative to starvation, but to gratify the youthful taste.

After all, what a curious thing is this whole matter of food, in its relations to human life!

Original in GOOD HOUSEKEEPING.

TOMMY NUT.

"O ho! Tommy Nut, in your jacket brown,
Why do you hang in the hickory tree?"
"Oh! I'm waiting for brave Jack Frost, you see,
He will come very soon to cut me down."

"O Tommy, now tell, is it nice up there,
To swing in the sun, and the soft starlight?"
"The truth is, I'm fat, and my jacket's tight,—
I think I've had plenty of sun and air.

"My jolly brown brothers there on the ground
Have their jackets slashed in the newest style,
But Jack keeps me waiting the longest while,—
I shall burst to-night if he doesn't come round!

"Then good-by to you, dear old hickory tree!
Where I've sucked the sweet dew, drank sun and rain,
Where I've swung in the winds' wild hurricane,
'Til I'm giddy and fat as a nut can be!"

—*Lulu Curran.*

Original in GOOD HOUSEKEEPING.

CHARACTERISTICS OF THE MARKETS OF THE WORLD.

Markets of the Quartiers, Paris.

By MARIA PARLOA.

From Personal Study and Observation During a Two-Years' Sojourn in the Old World.

EVERY *quartier* of Paris has its market building. Nearly all these buildings are constructed of stone and iron; stone foundations with upper walls and roofs of iron. These markets are generally in open spaces and front on two or more streets. Sometimes, however, a short cross street is roofed with glass set in a framework of iron. This is the case with the *Marché Madelaine*, which is just off the *Place de la Madelaine*.

The size of the market building depends upon the needs of the *quartier*. For example, the market building in the *Quartier les Ternes*, near the fortification, consists of one small iron pavilion, while the *Marché Saint Germain* in the populous *Quartier Latin* has several large pavilions around a great open court. This market is very old, the present building,

which is comparatively modern, having been built on the site of the old one. An inscription over the entrance says that up to the eighteenth century it was called *La Faire Saint Germain* (Saint Germain Fair).

Since all the *quartier* markets have a general resemblance, a description of this one will answer for all the others. Each pavilion is divided by two broad aisles, with stalls on both sides. As all the buildings are well lighted from the top, one part of the pavilion is as good as another. All these markets are open every day in the year, but as a rule there are two or three regular market days. On these days the farmers and market gardeners come in from the country and occupy stalls in the market. These people sell not only the product of their own farms, but also that of their neighbors. A good many years ago, on my first visit to Paris, I wished to spend a few weeks in the country, to get an idea of how people lived there. A friend arranged the matter for me, and I went to board with some people who lived on a farm and who had a stall in the *Marché Madelaine*, where they came twice a week to sell their fruits and vegetables. These people bought the fruit of a great many gardens in their own and neighboring villages. Twice a week they made a tour of these gardens, gathering the fruit as it ripened. They were very kind, and took me with them on these trips. I was at liberty to wander about in the old, high-walled gardens while they gathered the fruit. The experience was odd and delightful. I also watched the care with which they packed the garden products for transportation to Paris. The high, tilting wagon was packed solidly with the fruit and vegetables, and in the late night the husband and wife started to Paris, where they got their stall in readiness for the early morning customers. I mention this experience to show from what class of people a good many of the dealers in these markets come. Dealers in poultry, butter, eggs, etc., are often prosperous farmers in the vicinity of Paris.

But the goods sold in these markets are not confined to eatables. All sorts of things are found here. Cheap boots and shoes, sabots in the natural color of the wood and also colored black to imitate leather. Hats and bonnets trimmed and untrimmed, ribbons, artificial flowers, aprons, under-garments, crockery, glassware, cooking utensils, etc. The vegetables, fruits, and flowers are always attractive. In the vegetable and fruit stalls great attention is paid to the grouping of the articles so that the colors shall be brought out and also so that all shall harmonize. It is not in a few, but in every stall that this is the case. The poultry is nearly always dressed, but there are some stalls where one finds the live fowl, if desired. At the poultry stalls one can buy in large or small quantities, one or many whole birds, or, if your needs and purse are small, you can purchase a half, quarter, or even an eighth of a small chicken or duck. Usually there are also plates on which are placed the heads, feet and gizzards of poultry. These are purchased to add to the *pot-au-feu*, a soup stock, to give it a better flavor. Sometimes, a few small veal or mutton bones are mixed with the heads and feet of poultry. This mixture is often used to make a good soup or ragout into which a good many vegetables enter. Poultry is sold in two ways, by the pound or so much for a single chicken, duck, turkey, etc. Of course the price depends on the size and quality. Rabbits are sold at nearly all the poultry stalls; they are found in several conditions—fully dressed, or with the skin left on, or again alive and dressed to your order. You can buy one-half or even one-quarter of a rabbit. A great many of these little animals are sold in the markets. They are raised by all the farmers and even the most modest householders in the country. The forests are full of them, but only the owners of these forests can touch the rabbits.

In some of the markets there are meat stalls over which project the figure of a horse's head. Horse meat is sold at these places; the law compels the dealers in this kind of meat to mount a horse's head over his place of business. Sometimes the flesh of other animals is also sold here, but this must be marked plainly. For example, in one of these stalls, besides the joints of horse meat, I saw also the meat of the mule and donkey, plainly labeled with large brass tags. The flesh of these animals is much darker than beef. From the number of stalls one finds in some of the *quartiers*, there must be a good deal of horse meat sold.

There is no reason why we should have a prejudice against meat of this animal except on the score of flavor or toughness, for they are clean feeders, and, compared with the hog, of clean habits. I must confess, however, that I should hesitate to order my dinner from horseflesh. I can imagine, from the appearance of the meat I saw in these stalls, that the flavor would be strong and the fibres would be tough. In an adjoining stall the heads and hoofs were on sale. I think they must be purchased for the manufacture of glue and fertilizers. As a rule, the beef, mutton, and veal are sold in small portions. Veal is always good, mutton nearly always, but beef, as a rule, is not what we would call prime. Very little ice is used in France, and all kinds of meat is sold as soon as possible after being killed. Naturally this is very bad for the beef, which at the best is none too good.

Fish is never inviting in these markets; the variety is small and Paris is too far from the seacoast to receive it in perfect freshness. The people do all they can to keep it looking bright and fresh. They surround it with grass and ferns and keep sprinkling it with cold water. Fish, meat and poultry cost a great deal more in Paris than with us. This is always the case, but this year it is a little higher than usual, because of the drought last year and the consequent short crops in hay and grain. One day in the early summer a party of us took a long tramp in the country. We stopped at a large farm to get some milk to drink, but found that it was impossible, as they had but one cow. The usual number of cows on this

farm are ten or a dozen, but on account of lack of food they were obliged to sell all but one. This is the common story of many of the farms. This year has produced fine crops of hay and grain, so that after a time things will right themselves.

Much of the meat is boned before it is sold, so that when the price of many things are given it must be remembered that it is solid meat. Still, many viands are much dearer than in America. A leg of mutton, well trimmed, costs about thirty cents a pound, and mutton is one of the cheapest kinds of meat in France. Calf's liver costs thirty cents a pound. It must be remembered that calf's liver is one of the most esteemed delicacies in France, and it certainly is tender and delicate here. A chicken costs almost double what it would in the United States. When in season, vegetables and fruits are reasonable.

Besides the raw materials, one finds in the *quartier* markets many cooked things. Bread, pastry, and different kinds of cakes are sold here. Cooked hams, jellied meats, cold meat pies, meat jellies, tripe, boiled beef, pigs' feet, sausages, and sometimes cooked poultry. There are various little places where there is the greatest mixture of cooked foods. On one plate may be a bit of broiled or fried fish, one or two kinds of vegetables, something that looks like a spoonful of hash and so on. The little counter has the appearance of having received food that was scraped from the plates as they come from the table. One wonders where the stuff comes from (perhaps from hotels and restaurants), and a still greater wonder is what kind of people buy this uninviting mixture. There certainly must be customers, for I found these little stands at all *quartier* markets. At other little stands one can buy hot soup to take home and eat there as may suit one's convenience.

All kinds of people come to these markets. The well-to-do housekeeper, with her servant, who carries a large basket and generally, in addition, a bag that looks like a fisherman's net. This is for the salads and overflow of vegetables. The wife of the workman, who carries her own basket, the servant who does the marketing for her mistress, and the poor woman who must get all she can for a few cents. Here she will get a few trimmings of meat, or it may be only a few ounces of fat which she will employ, instead of meat, with her vegetables to produce a soup or ragout. She buys here an onion, some potatoes, a few carrots and herbs, and she has the materials for a substantial dish. No matter how small her purchase, she is treated with as much attention and respect as the woman who comes with her servant and a well-filled purse. The French do not despise small things. I wish our people could take a few leaves from their habits of economy and respectful manner to even the poorest customer. The French woman is never idle; when she is not employed with customers she is assorting and preparing her fruit and vegetables, looking over her accounts or knitting or sewing.

Original in GOOD HOUSEKEEPING.

SECRETS OF THE TOILET.

Explained in Detail in Twelve Useful Chapters.

[(1) *Faded Faces*.—How to restore them to youth and beauty—Massage Treatment for the Face—Skin Food and Steaming.
(2) *Cosmetics*.—Their use and abuse—Formulas for making pure Creams and Balms.
(3) *Increase of Avoirdupois in Middle Life*.—Dressing to apparently reduce the Size—Necessity of Correct Attire—Fatness and Leanness.
(4) *Perfumes*.—How to make them at Home—Satchets—Distilled Water.
(5) *The Figure*.—Calisthenic exercise to develop Grace—Developing the Neck, Bust and Arms—Carriage of the Head and Figure—Shoulder Braces.
(6) *Toilet Soaps*.—Oatmeal Soap for Chapped Hands—Transparent Soap—Medicated Soap. When to use Soap on the Face.
(7) *The Bath*.—Tepid—Hot Soapsuds—Bath for Oily-Skinned Persons—A Salt Sea Bath—Bathing the Face.
(8) *The Complexion*.—Definition of—The Ideal Complexion—Potent Influence of Morning Air—Formula for Clearing the Complexion—Why the Face is Rough and the Body Smooth—Freckle Lotion.
(9) *The Bicycle*.—How to postpone Old Age—Proper Costume for the Wheel—Secret of content for Women.
(10) *The Eyes*.—How to increase the growth of Brows and Lashes—Disguise for White Brows and Lashes—Deep Circles under the Eyes. Their Cause and Cure—Strengthening the Eyes—Care in Reading and Sewing.
(11) *Facial Disfigurements*.—Pimples—Freckles—Blackheads—Moth Patches and Superfluous Hair.
(12) *The Hair*.—A Good Shampoo—How to Curl the Bang—Care of the Hair—To prevent Loose, Weak Hairs on the Neck—Stimulant for the Hair—Singeing.]

CHAPTER IV.

PERFUMES.—HOW TO MAKE THEM AT HOME—SACHETS—DISTILLED WATER.

PERFUMES.

AS a delicate perfume adds to the pleasure which we derive from flowers, so a sweet, indefinable, delicate suggestion of a scent adds to the indescribable charm of woman. Too strong a perfume is self-assertive, therefore objectionable. Arabian women have a method of perfuming their bodies by sitting over coals on which are cast small quantities of myrrh and spices. The heat opens the pores, which receive the fumes, till the skin is impregnated with the odor, and the women emerge smelling like a censer of incense. But the use of toilet waters in the bath, besides being very refreshing, is the most satisfactory method of imparting a delicate odor to the skin. Many toilet waters do not yield their most delicate and pleasant odors until diluted with water.

It is perhaps best for a lady to decide upon the perfume which is most agreeable to her, and use no other; thus the perfume becomes a part of her individuality. Extracts should be used most sparingly and atomizers are recommended for this purpose.

PERFUMES MADE AT HOME.

Cologne is quite expensive when purchased outright. A better article may be made at home than that which is bought at the drug store, and with little trouble and expense. Thoroughly dissolve a fluid drachm each of the oils of bergamot, orange and rosemary, with half a drachm of neroli, four drops of the essence of lemon and a pint of rectified spirits. If this is subsequently distilled it makes a perfect cologne, but it becomes exceedingly fine after having been tightly stoppered and kept two or three months.

A fine cologne is prepared from one gallon of de-

odorized alcohol, or spirits obtained from the Catawba grape, which is equal to the grape spirit which gives Farina cologne its value. To this is added one ounce of oil of lavender, one ounce of oil of orange, two drachms of oil of cedrat, one drachm of oil of rose, and one drachm of ambergris. Mix well and keep for three weeks in a cool place.

Another cologne, to use as a toilet water, is less expensive than the two given above: Oil of bergamot, lavender, and lemon, each one drachm; oil of rose and jasmine, each ten drops; essence of ambergris, ten drops; spirits of wine, one pint; mix and keep well corked.

Extracts of flowers may be obtained in the following manner: Procure a farina kettle (which cooks the material by the boiling water which surrounds the inner kettle), put half a pint of almond oil in the inside kettle and surround it with boiling water. Into the oil throw as many flowers as possible (violets or whatever may be chosen); let the kettle remain where the water will be kept warm. After twenty-four hours strain the oil from the flowers and add fresh ones. Continue so doing for a week. At the last straining the oil will be highly perfumed. Pour in a wide bottle, add three times the quantity of highly rectified spirits and let it stand for a week. The spirit then poured off will be the extract of the flower,—a most delightful and lasting perfume.

SACHETS.

As before intimated, a faint perfume is indicative of refinement. In no way can this delicate odor be better obtained than to have it emanate from the garments. A neat, refined woman of æsthetic taste will have the drawers of her dressing case lined with perfumed wadding, covered with some pretty goods like cretonne, silesia or muslin, in dainty shades. When the lining is made, sprinkle sachet powder liberally in the cotton, and add, from time to time, sachet bags containing the same perfume.

In olden times ladies made their own perfume. Why not now? It is a dainty chemistry for women, and the results are so satisfactory. Formulas for sachet powder, which will meet every requirement in that line, are given below.

Violet sachet is made by mixing two pounds of powdered Florentine orris root with a pound of rose petals, a pound of cassia flower heads, a pound of black currant leaves, a fourth of a drachm of attar of almonds, and half a pound of powdered gum benzoline. Mix well and sift. Let the powder stand in a tight glass jar for a week before using.

Lavender is a delicious perfume for a linen closet. For this take a pound of dried lavender, a pound of rose leaves, half a pound of closely crushed orris root, two ounces of cinnamon and a pound of dry table salt. Keep in an air-tight jar two weeks before using.

Rose sachet powder is made of a pound of petals of any rose preferred, half a pound of ground sandal wood and a fourth of an ounce of attar of roses. Keep a week before using.

For heliotrope powder take half a pound of orris root, one quarter of a pound of ground rose leaves, two ounces of powdered Tonquin bean, one ounce of vanilla bean, two drops of attar of almonds. Mix by sifting through a coarse sieve. This is very delicate for a sachet powder and may be used in the wardrobe or linen closet.

HOME-MADE ATTAR OF ROSES.

Gather a quart (when settled down) of rose leaves from fragrant roses. Do not pluck them right after a rain, as they are not as fragrant. Put a layer of the leaves in the bottom of a wide-mouthed glass bottle, sprinkle with salt, then cover with a layer of absorbent cotton, wet with pure olive oil. Then fill the bottle with alternate layers until it is full; tie a piece of oil silk double over the top of the bottle and set where the sun will shine on it all day for two weeks. At the end of that time uncover and extract the oil from the cotton and rose leaves. The attar thus made will be superior to much of the perfumes which are sold.

DISTILLED WATER.

Distilled water is considered in the line of a luxury, but it can be made easily at home and be kept continually on hand for cooking, drinking and bathing. It is the only water that should be used upon the face; while for a drink for dyspeptics it is unequaled, causing no discomfort after it is taken.

To make an arrangement for distilling water, take a teakettle with a closely fitting cover and a gutta-percha or lead pipe fastened to the spout. The pipe should lead through a pail of cold water into a receptacle for holding the distilled water. The steam from the boiling water goes off through the tube, condenses under the cold water and runs off pure into the receiver. Where houses are heated by steam, the family may be amply provided with distilled water by adding a pipe to one of the tubular heaters, that will carry steam into a cooler, from which pure water will run day and night. It should be in action all the time, that for bathing running into a close reservoir, while that for cooking and drinking should be freshly distilled every day.

—Clara B. Miller.

Original in GOOD HOUSEKEEPING.

JINGLES.

A RATTLEBOX.

Abijah Jones was mostly bones,
And they would always rattle
Whene'er he walked,
Or when he talked,
Or when he drove his cattle.

A SAD LOSS.

Said the needle, "Look out for my eye,
For I've only just one in my head."
But just at that moment the sewer did sigh,
And put out that one, with a thread.

—Mrs. J. T. Greenleaf.

Original in GOOD HOUSEKEEPING.

ROMANCE OF AN APPLE PIE.

The Old Way to a Man's Heart – Through His Stomach.

"HEIGH-HO! I wish something would happen. Something good, I mean. It seems as if something ought to happen on such a pleasant day, and I sort o' feel it in my bones that it will."

Miss Barbara Brown sighed a little, as she looked out of her sunny west window on a mellow September day, and listened to a partridge whistling "Bob White" in a neighboring cornfield.

Miss Brown had often wished for a romance of her own, but had never had one, though she was thirty odd. She was tall and slender, with a rather long face, thin, yellow hair, very smooth and straight, and a small mole on her chin, which she imagined people were always looking at.

Perhaps her sigh was for the missing romance; at any rate she sighed again as she glanced across the neat paling fence to where Mr. Peter Perriman was busy gathering his Northern Spy apples. Mr. Perriman was a bachelor who lived with his widowed sister, Mrs. Tibbins, and her daughter, Mary Ann, or May Annie, as she insisted on being called. The one crumpled rose leaf in Peter Perriman's lot was the style of cooking done by his sister and niece, whom he credited, deep in the recesses of his own mind, with having as little faculty for the culinary art as a pig has for playing checkers.

"If they would only give me plain bread an' meat, with potatoes, an' a bit of pie to top off with, I'd be perfectly content," he groaned inwardly, as he dispatched the mussy fricassees, sloppy hashes, and "made-over" dishes, and the fearfully and wonderfully concocted puddings of his sister's production. But he made no audible comments, for Peter possessed the virtue of eating what was set before him without grumbling. Perhaps it would have been better had he done so, and disabused his sister of the firmly grounded conviction that Peter would scorn the every-day fare which would have been amply satisfactory to May Annie and herself.

"If he would only be contented with plain, wholesome vittles, it would be far better for him, and much less trouble to us," she would sigh, as she stirred and mixed, and seasoned, at the elaborate messes, which tried the soul of Peter and injured his digestion, as well as kept herself and daughter in the kitchen for the best part of the day. But, as already stated, Peter Perriman was not a grumbling man. Neither was he a "ladies' man." In fact, he had always been exceedingly shy of the "women folks," and while Miss Barbara Brown had for years been in the habit of visiting and receiving visits from the Tibbinses with neighborly freedom, she had never had the pleasure of exchanging as many as a dozen words with Mr. Perriman in her life. He had troubled himself very little about her indeed, except as to the best means of keeping out of her way when she called on his sister.

To-day, however, Mr. Perriman found himself in a rather unusual mood. Whether the mellowness of the apples he was gathering communicated itself to his feelings, or whether his obdurate bachelor heart was softened by the gentle September sunshine is a matter of uncertainty. At all events, after casting several glances at Miss Brown's window he remarked to himself:

"That woman looks kind of lonesome like, setting there all by herself. But no wonder; staying shut up in the house, darning or sewing on a day like this, instead of being out doors gathering apples."

Mr. Perriman shook his head disapprovingly, but presently a new thought struck him.

"Come to think of it she hasn't got any apples to gather. Just like a woman," he grumbled. "Not an apple tree about the place; nothing but a lot of old gooseberry and currant bushes, by way of fruit! Maybe she couldn't help it though, seeing she's all alone. There now, maybe I'm a booby, but I believe in my heart I'll go take her a mess or so of these here apples."

Mr. Perriman took a large tin pan with which he had been gathering apples, heaped it high with the rosy fruit, carried it to Miss Brown's door, and presented his fragrant offering with a few hasty and not very appropriate words. The ordeal being over, he beat a hasty retreat, feeling rather flurried and nervous over his unusual performance, while Miss Brown stood with clasped hands, gazing at the surprising present, with raptures of delight.

"And something *did* happen," she breathed, ecstatically. "I just felt as if it would, though I never dreamed of anything like this."

"And now I know what I'm going to do to show my appreciation. I'll make the loveliest pie I know how, and send it over! I don't believe that poor man ever gets a taste of pie—any that's fit to eat. Mrs. Tibbins says she and May Annie never have any luck with their pies, so they don't often make 'em. And men folks are mostly so fond of pie, too."

Miss Brown was one of those women who have a natural faculty and love for cooking, and if she excelled in any one branch of the art it was that of pastry. And the pie which she constructed out of a portion of those apples, and sent over to Mrs. Tibbins, was a masterpiece, and as nearly perfect as any pie could be. It was large and deep, and ample; the crust goldenly brown, melting and luscious. The interior was clear, amber, sweet, juicy, and fragrant with the most delicate of spices. A neatly crimped border and a spray of fern leaves cut into the paste, gave an artistic finish to the dainty structure.

When Peter Perriman's eyes beheld Miss Brown's offering, when he tested its undeniable excellence, dispatched a generous wedge of it and yearned for more, a sentiment of gratitude to the donor sprang up in his breast. The trite old saying that the way to a man's heart is through his stomach, proved true in Peter's case at least, and in the ardor of his feelings he offered to accompany his sister and niece for an evening call on Miss Barbara, and even plucked

up the courage to carry her another donation of the choicest apples his two-acre orchard produced.

Miss Barbara, attired in a neat lilac satteen gown, and a large white apron with a red bow on the pocket, received her visitors with smiling cordiality, accepted the proffered fruit with a blush of delight, and served to her guests, later on, a platter of plump, brown crullers, crisp and sugary, together with some tiny seed cookies, dainty enough for a bird. Mr. Perriman's greatest weakness in the pastry line, next to pie, was for crullers, and Miss Barbara was certainly an adept in the art of making them.

"Tip-top-est crulls ever I eat," meditated the bachelor. "Barbara Brown is a good cook! I'll bet a nickel she can cook meat an' vegetables as good as she can pie an' crulls. 'N' then she's sensible," continued Peter. "I hear her a-tellin' Tildy she'd ruther hev a meal o' plain roast meat an' potaters, with a good pie of some kind, or a batter pudding, with dip sauce, than all the rag-goos an' Frenchified messes that ever was put together. She's good tempered, too. A body can see that with half an eye, an' not bad lookin', particklar about the mouth and eyes. Some way I like these blue-eyed, yaller-haired wimmin. There's some *vim* about 'em. Seems to me she'd make a stavin' nice wife fur some feller that ain't too young—me, fur instance. I never thought much about it before, but seems like a man hadn't ought to be a mizzable old bachelder all his days, particklar when there's a nice single lady handy that's sensible an' knows how to cook. Not as I want to marry a woman jest 'cause she can cook, but a good meal o' vittles goes a long way towards keepin' a man contented an' cheerful.

"If she'll hev me—though like enough she won't—I've a notion to resk it. That last batch of griddle cakes of Tilda's lays heavy on my stomach yet. Another dose of 'em'll give me the dyspepsy, sure as shooting. The only way out of it is fur me to marry, so there ain't no use in shilly-shallying. Might as well pitch right in, first as last, so here goes!"

With an air of determination, Mr. Perriman deposited his hoe by the side of the fence, mopped his brow, and started toward Miss Brown's white-painted cottage, with resolute strides. The door stood wide open, and through the screen Mr. Perriman could see Miss Barbara flitting briskly about in her tiny kitchen, and hear her singing, in a clear voice, the old-time melody:—

"When shall I hear the bees a-hummin'
All 'round the comb?
When shall I hear the banjo tummin'
Down in my good ole home?"

She broke off suddenly at the sound of a rap on the door, and came forward with a pleased smile on her lip, and in her eyes.

"O Mr. Perriman, I'll have to ask you in *here*, or my shortcake will burn," she apologized hastily, bringing forward a splint-bottomed chair, and placing it near the window, which was hung with morning-glory vines, their purple cups still showing among the thick, green leaves. "I'm doing my Saturday baking, you see," explained Miss Brown.

But she got no further. Mr. Perriman had his mind made up, and had no notion of dallying with his fate. Popping the question did not seem so easy a matter as it had a short time before, but it must be done, he felt, and the sooner it was over the better.

"Miss Barbara," he blurted out, looking her straight in the face, "I think you are a very selfish woman."

Miss Barbara blushed furiously.

"I selfish?" she cried, aghast.

"To be sure," nodded Peter, growing more composed at her evident agitation. "Don't you call it selfish to be baking shortcake, and boiling ham (it smells mighty good) for your Sunday dinner, when your next-door neighbor is a poor old bachelor, who never has anything good, Sundays—or any other day, for that matter."

He paused and looked at her pathetically.

Miss Barbara had never had a proposal before, but with a woman's unerring instinct she knew what was coming.

"Who is to blame because you are a bachelor?" she asked with a tremulous smile!

"*You* are," declared Peter, boldly. "At least you will be if you don't promise to marry me." He held both her hands by this time in a firm clasp.

"My shortcake is burning! Do let me go," begged Barbara.

"Not until you answer me, if it burns to a crisp," declared Mr. Perriman, ruthlessly. "Will you be my wife, Barbara? Yes or no!"

And how could any woman hold out when her shortcake was in jeopardy?

"Yes, Peter," murmured Miss Brown, demurely.

And to this day, when Mrs. Peter Perriman tells her young friends about her romance, she always adds: "I just felt as if something was going to happen that morning he brought over the apples, and it did." But Mrs. Tibbins shrewdly declares it was the apple pie which brought it all about!

—*H. W.*

Original in GOOD HOUSEKEEPING.

TRY, TRY AGAIN.

206. To keep salt from hardening in the saltcellars, mixing a little cornstarch (or finely sifted flour) with the salt.

207. Softening water, for washing clothes, by dissolving one teaspoonful of granulated lye in four gallons of water.

208. This disinfecting compound: Oil of rosemary, 10 parts; oil of lavender, 2½ parts; oil of thyme, 2½ parts. Mixed with nitric acid, in the proportion of 30 to 1½.

209. Cleaning bottles with hot water and fine coals.

210. Soaking glass globes in hot soda water, then washing hard in lukewarm ammonia water, and rinsing in cold water.

Try again next month.

—*Ruth Hall.*

Original in GOOD HOUSEKEEPING.

FRUIT AS A FOOD.

Its Value, Its Characteristics, and Some Ways in which It May be Appetizingly Served.

V.—THE APPLE.

APPLES may justly be called the most popular fruit on the face of the earth—as well as the most valuable. With no disparagement of the peach, the pear, the plum, the orange, or all the family in whose flavor and nutrient qualities we delight, the place of deepest affection, of widest utility, of the greatest hygienic value, of most solid and enduring popularity, must by all means be given to the apple. No other fruit can be put to such a variety of uses, can be had at so trifling cost, or is so universally relished.

In its chemical elements the apple is so richly equipped as to make it a valuable food for man or beast, and this quality has long been appreciated, even if not scientifically understood. Old-time Scandinavian traditions represent the apple as the food of the gods, and declare that these superior beings, when feeling themselves growing weak and infirm, began eating apples for the renewal of their powers of body and mind. In these days, physicians and other close students of human strength and weakness agree that this fruit is one of the most valuable hygienic agents for persons of sedentary habits, as the acids correct the tendency to sluggishness in action of the liver, their free use being much more helpful to the system than all the "liver pills" and kindred medications which can be devised.

There is no better aid to digestion, in certain cases, than the cooked apple. It is a recognition of this truth—though doubtless the recognition came before the truth was fully appreciated—which assigns apple sauce as an accompaniment for roast pork, goose, and other rich meats, which are apt to make trouble with the digestive powers. The derangements arising from eating too freely of meats, of almost any kind, are corrected by the use of an apple regimen, the fruit being used either cooked or raw. Paradoxical as it may sound, the free use of fruit acids, of which the apple is the very best repository, tends to decrease that very common disorder, acidity of the stomach, the chemical action of the related elements changing the acids into alkaline carbonates, which tend to neutralize any acid condition of the system.

There are many approved and well-understood methods of using this valuable fruit, but a resume of some of the more standard recipes, with the addition of some possible novelties, will probably not prove unwelcome to the housekeeper and mistress of the kitchen who is looking for something suggestive of a change in the daily or weekly menu.

SAUCES.

Fried Apples, No. 1.

Take large, firm apples, rather tart, wash without paring, and slice across, so as to make round slices, half an inch thick, with the core in the middle. Have a spoonful of butter browning in the pan, and lay the slices in this to cook. Just as they are ready to turn, if a sweet dish is preferred, sprinkle cinnamon and sugar over the uncooked side, so that the flavor will penetrate the apple.

Fried Apples, No. 2.

Use fair tart fruit. Wash and dry the apples, remove the stems, blossom end and core, but leave the specimens otherwise whole. Slice thin and drop into an oiled or buttered frying pan, the fat in which must be hot. Turn to prevent scorching, and when tender and brown serve immediately.

Fried Apples, No. 3.

Peel and core sour apples, divide them into eighths and sprinkle with sugar, flour and bread crumbs. Melt a small piece of butter on the bottom of a stewpan, and cover with slices of apple, which are to be fried till yellow on both sides. Then place in a sacepan some milk, sugar, bread crumbs and currants; put in the fried apples, and let them boil up, but not to break. Serve hot with the sauce left in the pan.

Fried Apples, No. 4.

The old-fashioned way was to fry the peeled and sliced apples in the fat of salt pork, and to serve without sweetening as a sauce for the meat.

Stewed Apples, No. 1.

In this case sweet apples are to be used; they must be firm and sound, about of a size, perfectly cleansed, and with the blossom ends removed. Simmer slowly till soft, putting them in the water when cold, and lift them out entire. Sweeten the juice a very little, and flavor slightly with lemon peel, serving with the sirup.

Stewed Apples, No. 2.

Use nice tart fruit, which is to be washed, peeled and cored. Stew in a little water till soft, press through a colander or coarse sieve, sprinkle very slightly with salt, sweeten to taste and serve.

Stewed Apples, No. 3.

The apples, when peeled, cored and quarted, are to be dropped into cold water to prevent discoloration. Then a sirup is made of sugar and water, proportioned to the acidity of the fruit. When this has been brought to a boil the quarters are dropped in, covered, and cooked till tender. They are then skimmed out carefully, and the juice, if too thin, is boiled a little longer, when it is poured over the apples in the dish in which they are to be served. This sauce is pleasing without flavor, but nutmeg, cinnamon or lemon peel may be added, according to the taste.

Boiled Cider Apple Sauce, No. 1.

Into a gallon of sweet new cider, which has been reduced one-half by boiling, drop quartered apples with sufficient sugar to sweeten them. Let them boil slowly till tender, taking care that the apples do not scorch or break in pieces.

Boiled Cider Apple Sauce, No. 2.

This is for the preparation of sweet apples. Peel, quarter and core a peck of the fruit, which cover in a preserving kettle with sweet cider. Add four nice quinces, sliced fine. Boil for four hours, stirring and skimming often, and before taking from the fire add a pound of sugar.

Baked Apple Sauce, No. 1.

Pare and core some fine tart apples, and bake slowly in a pudding dish in the oven. The sauce will be of a rich red color, and should be kept covered till it is to be used.

Baked Apple Sauce, No. 2.

Take large and perfect tart apples, pare them and remove the cores, leaving the body of the apple unbroken. Fill the core cavities with sugar to which bits of butter have been added, set them in an earthern pudding dish, and pour around them half a cupful of hot water. Let them bake till soft, then mash with a wooden spoon, sweetening and flavoring to the taste.

Stewed Apple and Quince.

Take half a dozen quinces, pare, core and slice them. Stew till soft, then add four or five times the number of tart apples, also peeled and sliced. Continue to simmer till the apple has become soft, then sweeten and press through a colander.

Stewed Apple with Raisins.

Wash and seed the quantity of raisins desired, and steep them in their bulk of water till they grow tender. Then add three times the volume of pared, quartered and cored apples, stewing until the fruit begins to be soft. Sweeten to taste and flavor with lemon peel. If evaporated apples are used, they should be soaked eight or ten hours before putting to cook with the raisins.

PIES.

Evaporated Apple Pie.

The apple, having been soaked over night, should be moderately steamed till it is soft, but not broken. Line the pie plate with paste, sprinkle over this half a cupful of sugar, covering quite thickly with the soft apple. Add a little nutmeg or lemon juice, according to taste, put a few bits of butter here and there, add the upper crust and bake as usual.

Apple Pie, No. 1.

Prepare the apples as in Sauce No. 2, baking between two crusts after they have been stewed and sweetened to the taste.

Apple Pie, No. 2.

Line the deep pie plate with paste in the usual way, and fill with tart apple thinly sliced. Over this strew four or five tablespoonfuls of sugar, some bits of butter, and flavor to suit. Put a narrow strip of paste around the edge, and to this attach the upper paste, which should be perforated before it is placed in the oven. What many regard as a better way is to put the sugar and spices beneath the apple, as in the recipe for using the evaporated fruit.

Apple Pie, No. 3.

Proceed as for No. 2, but bake without sweetening or flavoring. Remove the pie from the oven when done, slip a knife between the crusts and remove the top. Mash the apple, sweeten and flavor, using two tablespoonfuls of thick, sweet cream, replace the upper crust and serve while warm.

Apple Pie, No. 4.

Line the plate with paste, in the usual manner, and before adding the apple, put in two tablespoonfuls of sugar, one of flour, and whatever spice is desired. Mix these and spread evenly over the bottom crust. Put in the apple, and add a tablespoonful of molasses. Cover with the top crust, into which a trifle of butter, thinly shaven, has been rolled, make the proper apertures for ventilation, and before putting into the oven dash over the top paste just enough cold water to thoroughly dampen the flour. Bake slowly for three-quarters of an hour, and on taking from the oven turn into the pie, through one of the apertures in the top, two tablespoonfuls of boiling water.

Miss Parloa's Turnover

To make the paste, mix a pint of flour, half a teaspoonful of salt, two level teaspoonfuls of baking powder and three tablespoonfuls of sugar. Rub this through a sieve, and then rub into it three tablespoonfuls of butter. Beat an egg till light and stir into it a full half-cupful of milk. Stir this compound into the flour mixture, and on a floured molding board roll it down to a quarter-inch thickness. Cut into discs the size of a saucer. On one side of the disc place two tablespoonfuls of stewed apple, sweetened and flavored to taste with either cinnamon or nutmeg. Have over the fire a kettle containing five or six inches of melted fat, and when it begins to smoke drop in a few turnovers, cook for eight minutes, and drain on brown paper.

Grandmother's Turnover.

Make the paste as for ordinary pies, only not quite as short, as it will absorb some fat, and roll out a little thinner than above, cutting to the size of a small dessert plate. Pile upon one side of the paste some tart apple sauce, seasoned to taste, from which the juice has been drained. Fold the surplus crust over and unite the edges firmly, so that no apple can escape. Drop into the hot fat, fry till brown, dust with powdered sugar and serve either warm or cold. Any kind of stewed fruit may be used in the place of apples, and the pies may be baked instead of being fried.

Apple Pie with Pineapple.

Bake an apple pie in the usual way, but without sweetening. While it is baking take three tablespoonfuls of grated pineapple, one tablespoonful of water, three of sugar, and simmer together till the fruit looks clear. When the pie is taken from the oven, remove the top crust, spread the pineapple over the apple, replace the cover, and set the pie away to cool. The pineapple mixture furnishes the sweetening.

Apple Custard Pie, No. 1.

Into a pint of stewed apples, pressed through a colander, stir three eggs, the yolks and whites beaten together, half a cupful of rich sweet milk and a tablespoonful of soft butter. Flavor with lemon vanilla, pour into a deep pie dish lined with paste, and bake in a moderate oven without an upper crust.

Apple Custard Pie, No. 2.

Half fill with thinly sliced apples a pie dish lined with paste, then add a custard made with three eggs to a pint of milk. Sweeten and season to taste, and bake as above.

Apple Custard Pie. No. 3.

Use sweet apples, peeling and grating enough to fill a large cup. Over the grated apple pour enough hot milk to nearly fill a large pie dish lined with paste. Add a tablespoonful of sugar and a well-beaten egg, then beat all well together, flavoring with extract of lemon or cinnamon, to taste. Pour into the paste-lined dish and bake as above.

Apple Meringue Pie.

Press a pint of stewed apple through a colander, and mix with it the beaten yolks of three eggs and sugar to the taste. Bake as for an apple custard, and when done draw it to the front of the oven and spread over the top the whites of three eggs well beaten with as many tablespoonfuls of sugar. Return to the oven for a few minutes to nicely brown.

PUDDINGS.

Apple Pudding, No. 1.

Cook a pint of coarse Indian meal in two quarts of rich milk till it thickens. Take it from the fire, stir in a quart of cold milk, two-thirds of a cupful of sugar, two tablespoonfuls of white flour, a quart of finely chopped tart

apples and two teaspoonfuls of cinnamon. Pour into a deep pudding dish and bake slowly for three hours, stirring often during the first hour. It is best cooked sitting in a shallow pan of water. Serve with or without liquid sauce.

Apple Pudding, No. 2.

Peal, slice and stew in a little water till soft enough to mash, six medium tart apples. Into the sauce which they make stir a large tablespoonful of butter, three of sugar, and the juice and grated yellow rind of a lemon. Stir two tablespoonfuls of flour into two cupfuls of grated bread crumbs, mix this with the apples, and then stir in two well-beaten eggs. If the mixture is too thick, add a few spoonfuls of water. Turn into a buttered pudding dish, and bake for forty minutes. Serve with hard sauce.

Apple Manioca Pudding.

Dissolve four tablespoonfuls of manioca in a quart of water, and in a farina kettle over the fire stir till it thickens. When it cools, stir in two eggs beaten together with a tablespoonful of butter, sweetening to taste. In the bottom of a pudding dish place a layer of stewed and sweetened eighths of apples, flavor with lemon, pour over the manioca and bake.

Apple Almond Pudding.

Having blanched and pounded half a pound of sweet almonds, peel and grate eight or nine tart apples, mixing the apple with the almonds. Flavor with nutmeg, lemon rind, half a teaspoonful of butter, with sweetening to suit. Having mingled these ingredients thoroughly, add four well-beaten eggs, and pour the mixture into a well-buttered deep dish. Bake in a quick oven till quite brown, turn out on a platter and serve with lemon sauce. It is equally good eaten cold.

Apple Tapioca Pudding.

Soak a cupful of tapioca in four cupfuls of water for three hours, add two large tablespoonfuls of sugar, and keep in a warm place, at the back of the stove. Fill a two-quart pudding dish three-fourths full of peeled and quartered apples, pour over them the warm tapioca, and bake in a moderate oven for an hour. Serve with liquid sauce or sweetened cream.

Apple Custard Pudding.

Peel enough tart apples of a uniform size to cover the bottom of a flat pudding dish, leaving the apples whole, but removing the cores. Stew these in a very little water, and just before they become tender sprinkle over them two or three tablespoonfuls of sugar. Take them from the stewpan without breaking, and arrange them in the pudding dish. Heat a pint of milk, and add very gradually, a spoonful at a time to prevent curdling, the yolks of three eggs. With each yolk a full tablespoonful of sugar should have been beaten. Fill the core apertures of the apples with jam, jelly, marmalade or preserves of any kind, or with stoned and chopped raisins or dates. Pour over them the custard mixture, and bake till it is set, which will require about fifteen or eighteen minutes. Cover the top with the whites of the eggs beaten to a froth with three tablespoonfuls of powdered sugar, and brown in the oven for three minutes. It is served cold.

Apple Rice Pudding.

Steam a cupful of rice till it is soft, and with it line the bottom and sides of a well-buttered pudding dish, reserving enough to cover the top. Fill the cavity with thinly sliced tart apples, and spread over them a covering of rice. Steam until the insertion of a fork shows the apples to be tender, then set away to cool. When cool remove the pudding from the dish by inverting, and serve with sweetened cream, thin custard, fruit sauce, or garnished with bits of apple jelly, cream being poured over the whole.

Apple Boiled Pudding.

Into two eggs, beaten light, stir a pint of milk, flour to make a moderately thick batter, a heaping teaspoonful of baking powder, and lastly a pint of chopped tart apples. Boil in a pudding mold or covered tin pail, and serve with liquid sauce flavored with jelly, or with hard sauce.

Dr. Dodds' Apple Pudding.

Beat the yolks of three eggs, whip into them two tablespoonfuls of sugar, add two cupfuls of sour cream (or may be part sour milk), three cupfuls of grated tart apples, one tablespoonful of fine corn meal, two cupfuls of sifted white flour, stirring all well together. Then add the whites of the eggs, beat to a stiff froth, one teaspoonful of soda dissolved in hot water, and again beat thoroughly. Pour into a shallow pan, well buttered, and bake in a very moderate oven for forty or fifty minutes, till well browned. A good plan is to set the pudding dish in a dripping pan containing boiling water, while baking.

Apple Fruit Pudding.

Pare, core and mince a half-dozen large sour apples, mixing them with six large tablespoonfuls of grated bread crumbs, three entire eggs, beaten together, two-thirds of a cupful of sugar, half a cupful of Zante currants and the same quatity of seeded raisins, a heaping tablespoonful of butter, three of flour, cinnamon or lemon peel to taste. Add half a cupful of fruit juice of any kind, or of dissolved currant jelly, stir in enough flour—about three tablespoonfuls—for a thin batter, with a dessertspoonful of baking powder. Steam in a mold or boil in a covered tin pail for three hours.

—Mrs. Minerva Van Wyck.

Original in GOOD HOUSEKEEPING.

A HOUSEKEEPER'S AUTUMN TIME.

The autumn winds sigh through the trees,
The brown leaves earthward float,
And I must sew the buttons on
My husband's overcoat.

The western sky where gilded clouds
Loom up like mountain crags,
Seems to portend a pleasant day
To color carpet rags.

The gorgeous beauty of the days,
With white frosts intervening,
Warns me that little time remains
To do my fall house cleaning.

The honeybee and butterfly
Bid farewell to the flowers,
While I am scrubbing fly specks off
These dirty walls of ours.

The squirrel hoards his store of nuts,
The wild bird southward goes,
The children rambling in the woods
Will soon need winter clothes.

So as the autumn days go by,
With joy and duty teeming,
They bring me double happiness
In doing and in dreaming.

And teach this lesson as with toil
I mingle thoughts of Heaven,
The Maker of this beauteous world
Worked six days of the seven.

—Grace L. Howard.

Original in GOOD HOUSEKEEPING.

To Dress Well and Economically.

TENDENCIES OF THE SEASON.

CHAPTER X.

FASHIONS FOR FALL AND WINTER—REVIVAL OF VANDYKE COLORS AND STYLES—THE NEW MATERIALS—PLAIN SKIRTS AND HUGE SLEEVES.

HE fashions for fall and winter are now fully decided, and thus far the effort to introduce draperies, and even to trim skirts, has proved a failure. The new skirts are quite plain and decidedly fuller than those that have been worn during the summer. They are lined and interlined with crinoline to give them the requisite flare, especially at the back breadths. The favorite rule for a skirt consists of a front breadth with two gores at the side. To these are added two or three back breadths, wide at the bottom, but gored up in pyramidal form to five or six inches at the top. The front breadths of this skirt are interlined with crinoline to within about ten or twelve inches of the bottom, and the pyramidal back breadths are lined throughout or to within ten inches of the top. Sometimes these back breadths are held in godet pleats by elastics on the inside; sometimes they are gathered. It is essential that they be stiffened, and some dressmakers use horsehair or some heavier stiffener than crinoline for this purpose.

Sleeves are considerably larger than they have been, and are often cut bias to allow their voluminous folds to be caught up with rosettes. The favorite sleeve is the leg-o'-mutton, though the balloon puff sleeve is also worn. Long sleeves of street dresses extend well over the hand.

Bodices are more elaborate than ever, and are the objective point for garniture, being often made of a combination of two or three different materials.

NEW MATERIALS.

There is a variety of new goods shown for the fall and winter. The majority of these cloths have considerable body, but a feature of the importation is a display of light woolens. Now that skirts are lined and interlined, light woolens will be warm enough even for winter wear. There are many handsome camel's-hairs in the new bluets and the new Vandyke brown shades, which are crossed en bayardere by cords as heavy as whipcords and half an inch apart. These cloths are generally pointed with tiny raised satin dots in black silk, though sometimes in self-color.

Black continues to be the proper combination for all the new colors, and appears in a majority of the new cloths, sometimes in triple raised dots, dashes, lozenge spots or diamond tracery in silk.

There are many close-corded goods and basket cloths, and dainty mixtures of various kinds in silk and wool. These cloths are made up with satin as well as moire, and especially with satin antique—a long nap satin that approaches to velvet in texture. Jet is also seen and elaborate trimmings of various kinds on handsome gowns of wool.

For tailor dresses, the fine cashmere checks and plaids, introduced early in the season, will no doubt prove popular, though the heavy Scotch cheviots and tweeds, which are almost as heavy as men's cloths, continue to be the favorite for entire suits. These suits are made with rather closer skirts than those made up by dressmakers, with strapped seams; that is, the edges of the seams are lapped over one another, turned in and stitched down. Nearly all plain tailor gowns are made with basque waists. Sometimes the basque is quite long in coat shape. Again it is a mere ruffle below the waist line. For an outside wrap there may be a long cut-away coat, opening over a vest of the same material. The entire tendency of the season seems to be to much longer coats, and for winter the long tailor coat, reaching to the edge of the dress and trimmed with fur, will be revived, and a strong effort will be made to revive the long fur coats, though these garments, which are always heavy and for that reason somewhat uncomfortable, have never met with any favor in this country.

The French modistes have sent over handsome long coats or pelisses in bluet, Vandyke brown and other shades of cloth, trimmed with black Persian lamb. There is a flaring collar of fur and a cape collar below it, cut in Vandyke points and trimmed with fur.

NEW GOWNS AND WRAPS.

The most marked feature of the imported gowns thus far seen is the tendency to flaring effects. The majority of the Parisian gowns have round waists, though a little frou-frou-like frill is seen at the backs and sides of many of the new bodices. The huge bias sleeves already mentioned are caught up by rosettes and in folds with the same elaboration that ladies were wont to pay in the olden time to the drapery of their skirts. Jet galoons and nailheads of jet are seen on many of the handsome cloth dresses, though little used on silk. Thus a handsome Vandyke brown gown is made with a skirt in the new shape, the fullness of the back gathered closely at the waist and left to flare at the foot. The front and sides of the dress are trimmed with four bands of brown moire striped with sheer black passementerie. One of these bands is placed at each side of the front breadth, while the other two are placed further back at each side. The round waist has a full bias front of brown moire, gathered in at the neck and pleated at the waist. The back of the waist has a deep pointed yoke to which the lower part is gathered. The huge sleeves of the gown are of brown moire, cut on the bias, caught up in many intricate folds and waves at the top and made into soft wrinkles, close around the forearm to the wrist. A cape, extending over the shoulders and falling epaulet-like over the tops of the sleeves, is made of brown cloth. This cape has a slightly flaring collar, close at the throat, is cut in ten

sharp Vandyke points around the edge, finished with insertions of thin black passementerie between the points, edged and seeded with nailheads of jet.

A handsome cornflower or bluet-blue cloth, which, it should be remembered, is a blue with tones of purple, is made in combination with white for fall. It is altogether too delicate for street wear, but will make a most dainty house gown. The skirt is slashed on both sides of the front and white cloth is let in, and afterwards veiled by the soft, lace-like passementerie seen on French dresses this season. The corsage of the dress is slashed three times across the front, and the blue is turned back, giving the effect of two long V-shaped points over white.

The fashion of trimming dress skirts with a band of passementerie or jet, following the front and side seams, is one to be noted. Thus far there are few round trimmings, but these are used in Paris and may appear later. The edge of the skirt is oftener left plain. When it is trimmed, the trimming is a simple fold, sometimes headed by a gimp of jet.

Dark invisible green and dark bronze green are colors that rival the bluet-blue and Vandyke brown shades of the season. Both these shades harmonize well with black, and some of the French cloths and gowns show combinations of blue, bronze green and black. Thus a bronze-green dress has a round waist, finished with a black-satin front, which is slashed to show two great points, reaching to the bust line and extending up from the waist to the bust line. These slashed openings are trimmed around the edge with brilliant jet, and display a soft puffing of cornflower blue moire beneath. The soft belt and collar of the waist is of black satin. The huge leg-o'-mutton sleeves are of green cloth, trimmed with a black satin cuff, edged with black jet. The wide skirt flaring with a full, stiffened back, is held as far as the middle of the back in two organ-like box pleats and has a two-inch fold of black satin and jet on the bottom.

SHORT NOTES.

The large revers, collars and bretelle trimmings, to some extent, remain.

The revival of the colors and fashions of the painter, Vandyke, is a feature of the season.

The most popular fur cape is from twenty to twenty-four inches deep, and is of close fur, like Persian lamb, seal, or otter.

There is a great fancy at present for a tiny shoulder cape for morning wear, and the fashionable revival of the fur shoulder cape seems to be assured.

The golf cape extends well over the dress, and is made of mixed Scotch tweeds or plain cloth with a Scotch plaid lining. It is worn by young ladies for morning shopping.

Bertha trimmings seem to have disappeared. In their place there is no end of huge flat collets or tiny capes extending from the throat a short distance over the top of the sleeve.

It is a fashion to make the huge sleeve and skirt of the same material. In handsome cloth gowns, this is generally of cloth, while the silk or moire trimming appears in the bodice.

The full sleeves, slashed bodices and full, plain skirts, such as are seen in Vandyke's portraits of Henrietta Maria, and other ladies of her court, are the models of the gowns of to-day.

For elaborate dress there are long Empire coats of black moire, elaborately trimmed with black lace and spangles of jet. These are altogether too elaborate to be worn on the street, and the style is limited to the carriage.

There seems to be no possible chance for the revival of the muff. For several seasons past there has been no mistaking the fact that the muff has been out of fashion, and muffs of good fur could easily be secured at a low price at bargain sales.

The newest coats are shaped like the cavalier coats of the days of Monmouth and gallants of his time. There are the same sharp turn-back revers, and deep falls of lace down the front, seen in old portraits. The coat, however, is modified and made smart to fit the present, with huge leg-o'-mutton sleeves and long coat backs, falling half way down the back of the skirt.

The new fashions are hardly in the interest of economy. The skirts require even more material than they did last season, and last season's skirts cannot be easily widened for this season by the use of panels and other similar effects. The introduction of slashings in contrasting color offers the only solution for the making over of the skirt. Worn bodice fronts may be concealed under a slashed front of black satin.

—*Helena Rowe.*

Original in GOOD HOUSEKEEPING.

LULLABY.

Dear little girl, good night, good night,
The pretty birds, in their nests are still;
We watched the sun, as he sank from sight,
Over the tree tops, on yonder hill.
Two stars have come since the daylight went,
'Way over there in the sky's dark blue;
They must be angels that God has sent
To watch my baby the whole night through.

Dear little girl, good night, good night,
I hear the frogs in the meadow call,
They croak and croak, in the evening light,
Down in the pond, by the old stone wall.
I think, perhaps, that they tell the flowers,
Never to fear, though the world is dark;
They know the firefly lights the hours,
All night long, with his cheerful spark.

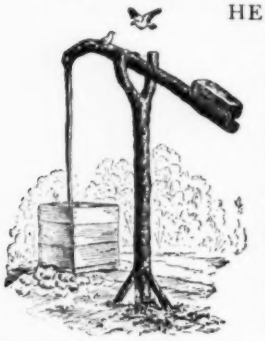
Dear little girl, good night, good night,
Dear little head, with your silky hair,
Dear little form, that I hold so tight,
Cosy and warm in the nursery chair,
White lids are veiling the eyes so clear,
Over their blueness, the fringes creep,
Slower and slower, I rock you dear,
My little girl, asleep. Asleep.

—*May Hayden Taylor.*

Original in GOOD HOUSEKEEPING.

THE GOOD OLD DAYS.

With a Review of Some Conditions Then Existing.



THE familiar lament about the "good old times" comes very readily to our lips; but were they *really* "good" for the housekeeper? I fancy that were a modern housewife carried back to the days of her grandmother, and forced to keep the house in order with the very limited conveniences possessed by her less-favored ancestress, we would have, from one housekeeper at least, fewer longings for the fascinating glories and comforts of those "departed days."

She would look around her in vain for electric lights; for illuminating gas, at home and in the streets. Instead of even kerosene, she would find at best sperm, and chiefly the cheaper sorts of whale oil; she might indeed be deemed fortunate if she found herself a little beyond the "good old days" of wax or tallow candles. Anthracite coal was rare; furnaces were unknown. As a matter of sentiment, open wood fires are charming, and used as auxiliary to the furnace, or steam radiator, nothing is more cheery or delightful; but forced to depend on a fireplace to heat a room of even moderate size, which of us will not confess the immense superiority of the furnace, or even the much-abused coal stove?

Not only was the average housekeeper of sixty years ago compelled to keep her house warm, and do all her cooking by means of an open wood fire, but that commonest of all modern conveniences—the lucifer match—was a thing unknown to her! Her fire once out—and we who are familiar with the perversity of kitchen fires feel certain that was no infrequent occurrence—her sole resource was the laborious tinderbox, or live coals from some accommodating neighbor. The thought of it makes one profoundly grateful that she was not her own grandmother!

Then the sewing. Not only were there no sewing machines, but in the great majority of cases the cloth itself was not only woven, but spun at home. It was somewhat better in the cities, but for some strange reason most of our grandmothers and great-grandmothers seem to have lived exclusively in the rural districts, and not only wove their own linen, but cultivated the flax from which it was made. This venerable progenitor of ours made, besides her table and bed linen, blankets and woolen cloths of various kinds,—not even throwing them away when they were worn out; but, like the thrifty soul we know she was, making them over into those hideous combinations known as rag carpets.

Then think of the infinitude of modern labor-saving inventions which the housekeeper of our day imagines she couldn't possibly do without! All of which were absolutely unknown to our unhappy forerunner. Imagine the amazement of a dear old soul of those good times of the past, at the sight of our carpet sweepers, egg beaters, hot and cold water pipes, oil stoves, and all the numberless contrivances to lighten the labors of women. She had no canned goods of any sort, and would doubtless have regarded them with contempt if she had; no condensed milk (which it is possible she was better without), no tomatoes, no ice. When on rare occasions, and with infinite labor, the old lady wrote a letter, she had no steel pen—still less one of gold, or the wonderful fountain pen—no envelopes, no postage stamps.

The difference between the food of the olden time and ours is especially striking. The well-nigh countless preparations of cereals and health foods were not yet invented. Our progenitors, by some miraculous intervention, survived enormous quantities of hot and heavy bread and biscuits, salt pork prepared in various ingenious ways, pork and beans, and buckwheat cakes, codfish—raw, fried, stewed in cream, picked and hashed with potatoes—and many similar indigestible dishes. Such was the bill of fare without change, winter and summer, in many country families. What wonder that the warm days of spring brought bilious afflictions of all sorts, and spring fevers as well?

Then it was that our busy grandmother called for help on the good old family doctor; unless in full reliance on her own long experience, she poured down the reluctant throats of our parents, appalling doses of castor oil, rhubarb, salts and senna, and—most awful of all ancient medicaments—ipecac! Sometimes these common remedies would be varied by a dose of calomel in the form of a blue pill. That was surely the day of the "survival of the fittest" or the strongest; the wonder is that any lived!

When our grandmother went to meeting—which she did religiously every Sunday, summer and winter—she never failed, in cold weather, to carry with her a little tin stove, or foot warmer, which alone kept her from literally freezing. This was filled with coals before starting, and was kept under her feet during the long service. The meeting house was a perfectly plain edifice, unadorned with any of the embellishments of modern taste in matters of church decoration; any frippery of that sort would have been regarded with pious horror. There was no organ nor any paid choir. Fancy the feelings and emotions of the old lady on entering a modern city church with its stained glass windows, its softly carpeted aisles, its glorious organ, its easy seats; and, had she chanced into a church of the Episcopal order, its robed minister and vested choir! There was no more moderation in their public worship than in their use of medicine in those days, and it would almost seem that one must have been quite as unpalatable as the other.

One long sermon in the forenoon was far from sat-

isfying their religious needs. After a cold luncheon, usually eaten in the adjacent graveyard, they hurried back to hear another long sermon in the afternoon. How much more sensible would it have been for our honored grandfather to have taken his wife and her inevitable brood of small children straight home after the first long sermon, and thus have given the old lady one afternoon's rest in the week!

If our grandmother had a taste for reading, and time to indulge it, how restricted was her choice in the literature of those days! The few newspapers of the day were dry and uninteresting, containing little save items of local, religious and political importance; families taking regularly a single paper were the exceptions. In our country magazines were almost unknown; and besides an occasional annual, more showy than useful or interesting, our grandmothers had to content themselves with the few religious books they possessed—the Old Farmers' Almanac, and the Bible.

How full must have been the days for her—not alone her everyday work, dish washing, bed making and the like, but the care of the dairy, the soap making, cheese making, and many other labors utterly unknown to her granddaughter. No wonder that she often bequeathed to her descendants to the third and fourth generations, meager proportions, feeble constitutions and nervous prostration!

But it would require an encyclopædia, rather than a brief magazine article, even to enumerate the items wherein we have so greatly the advantage over our forefathers and foremothers of the "good old times." The greatest of living poets said in his youth,

> "Surely all pleasant things have gone before,
> Low-buried, fathoms deep beneath, with thee,
> No more!"

There is indeed a poetry in the memory of the past which we look for in vain in the busy, bustling present; but we are dealing just now with the practical rather than the poetic; one may indeed be supposed to hold a brief for the present as contrasted with the past of sixty years ago.

Take, for instance, the general health of the present day as compared with that of the vaunted "good old times." So materially has the death rate in the country towns of New England been reduced by modern discoveries and appliances, that the possibility is almost suggested of a millennium into which death shall only enter in the guise of euthanasia—a gradual and painless wearing out of the physical machinery.

Besides the inventions of comparatively recent days, to which reference has already been made, think of all the other labor-saving contrivances in common use; those which give us articles made of india rubber, overshoes and outer clothing; machines for threshing, mowing and reaping, for which our grandfathers knew only the clumsy flail, the slow-moving sickle, and the picturesque but laborious scythe. Consider the iron steamers, the great steam war vessels, armed with tremendous engines of destruction, the very conception of which would have appalled the peaceful farmers of sixty years ago. Think of the immense range of discoveries in the realm of philosophy and the arts; of the phonograph, the telephone, the application of electricity, and perhaps greatest of all, its use in the marvelous telegraph.

Incidental mention has been made of the furnace used for purposes of heating; think of its effect as concerns the general health, and recall those "good old days" when the artificial warming of sleeping rooms was almost unknown, and the family—little ones and all—went directly from the warm fireplace into an atmosphere unhealthily chilled and, not infrequently, dangerously damp. The scope opened to us by an analysis of the "good old days" which our grandparents thought they enjoyed, and which a certain type of the chronic croaker is often heard to lament, is indeed illimitable!

We cannot leave the subject without a glance at modern great reforms—the cure of public and social evils for which our ancient progenitors found, and scarcely suggested, any remedy. Think of the abolition of American slavery. Remember the beneficent asylums for the blind, the deaf and dumb, the idiot and the insane; the vast improvements in the system for the management of prisons and houses of correction.

Last, but by no means of smallest concern, call to mind the blessed amelioration accomplished in the consideration and interpretation of Divine truth. Is it not indeed reason sufficient for solemn gratitude that where once the prevailing motive for moral excellence and personal piety was the fear of an angry God, the chief and noblest incentive in these better days is faith in the universal love and goodness of a Heavenly Father?

The good old days! Well, in many respects they were good, as—heaven be praised!—our grandfathers and grandmothers were good. But while human nature remains so much the same, let us, in a measure at least, be grateful for the immense opportunities of these latter and better days, which, unimproved, must leave with us a fearful weight of responsibility—us "*on whom the ends of the ages have come.*"

—*Helen Russell.*

Selected for GOOD HOUSEKEEPING.

SAYINGS WISE AND OTHERWISE.

Poor men have no souls.

Providence is better than rent.

It's easy to rob an orchard when none keeps it.

He who hath much pease may put the more in the pot.

Give neither counsel nor salt till you are asked for it.—Italian.

He who would have a hare for breakfast must hunt over night.

One eye of the master sees more than four of the servant's.—Italian.

He who marries a widow will often have a dead man's head thrown in his dish.—Spanish.

Original in GOOD HOUSEKEEPING.

EDUCATING A DAUGHTER.

Suggested by the Oft-repeated Inquiry of "What is the Chief End of Girls."

"TAKE this child . . . and nurse it for me, and I will give thee thy wages." These words of the Egyptian princess come echoing down the ages to find their home in every thoughtful mother's heart. The body to be trained in all healthful, graceful, useful ways; the mind to be led into wisdom's boundless kingdom; the soul to be awakened and uplifted to the high destiny that is its heritage. Each demands patience, vigilance, self-denying tenderness of her who would "nurse" them well. If faithful, a largess of gratified hopes in the years to come shall be her God-given "wages!"

If the solemn responsibility that accompanies the joy of motherhood is great in the case of a "man-child," does it not seem doubly so when the little stranger happens to be a daughter? True, during the early years of childhood the methods of teaching are nearly identical, but once past the kindergarten age a boy's training may still be confined to the single track leading on to his life-work, while a girl's education should now progress along two distinct lines, parallel, equal, yet quite diverse in their tendencies.

Before the days of women's colleges, before the general widening of opportunities for womankind, before the admission of "the fair sex" to careers hitherto held sacred to masculine activities, the answer to the question, "What is the chief end of girls?" was, "To be married and keep house." Accordingly, a daughter's education took the one direction of domestic and social accomplishments. Presently began the reign of "culture;" the catechism for girls was revised, the answer to the first query being, "A girl's chief object in life is to glorify womanhood by enjoying the same educational rights and privileges as her brother." The novel doctrine was accepted with enthusiasm; the domestic track became grass-grown, so to speak, while every mother's daughter started out toward a "career."

It cannot be denied that the new departure has had many beneficial results. In the various professions women have successfully competed with men; they have developed an unexpected aptitude for business life; there are few callings in which some one of them has not earned "honorable mention." Best of all, self-reliance—a trait formerly supposed to be unfeminine if not positively "unladylike"—has been learned, and the spectacle of "a girl thrown on the world to earn her own living" lacks elements of pathos which it once possessed. In fact, it is not at all pathetic. Girls, as well as boys, are expected nowadays to be fitted for such an emergency. Under the popular educational regime they *are*.

But nature can never be successfully ignored. We may leave her out of our calculations while we plan a scientific, literary, or artistic training for our girls; nevertheless, this arch ally of Cupid will make love letters even more interesting than diplomas to an average daughter of Eve, and cause a Romeo and "a house of her own" to prove such strong magnets that even the rewards of culture seem a trifle in comparison. Whether we will or not, whether they are prepared or not, our girls *must* travel, in the majority of cases, along the line domestic. That we have permitted ourselves to forget this fact while securing the so-called "higher education" for women is undeniable. A certain fine disdain, unacknowledged but nevertheless felt, has been our attitude for a quarter of a century toward that most exacting of arts, good housekeeping. Said a dear old lady of an intellectual girl whose tastes lay in anything but a domestic direction, "Don't force the poor dear into the drudgery that she dislikes; if she ever *has* to keep house, brains will tell and she'll soon learn; let her enjoy her books and her music while she may, with no housekeeping bothers to hinder." The well-meant advice was taken; the old lady's prophecy, at least partially fulfilled; for, when the care of a house did fall to this girl's share, she brought "brains" to bear upon her unaccustomed task, and, with the self-control gained in the pursuit of other forms of knowledge, with the zeal born of a loving desire to please her husband, and, furthermore, with the "courage of despair" implanted by the inefficiency of servants, became, though "through much tribulation," a fairly excellent housekeeper.

The experiment, or something like it, is often tried in our American homes—too often with results more disastrous than the case in point. Much of the unhappiness which crops out in divorces or separations of married couples; much of the unwholesome disinclination toward matrimony on the part of our young men; much of the widespread trouble with servants; much of the success of hotel and apartment life as opposed to the ideal existence of home; can we not trace each and all, directly or indirectly, to the one-sided education of girls which has been too long in vogue? The "old family servant" has become a tradition; incompetency from across seas serves incompetency at home; the good ship of the household drifts in perilous waters with neither captain nor crew knowing what to do.

The first step toward correcting a mistake is to feel that one exists. Already the signs of the times assure us that we are realizing the folly of confining a girl's education, on the one hand, to the sphere of home, or, on the other, of making it exclusive of that sphere. We are grasping the idea that a daughter must not only be encouraged to tread with her brothers the higher walks of learning, but must also be required to thoroughly explore those paths "pure womanly" which lead to the comfort, happiness, and

prosperity of home. Upon the library tables throughout the land, the journals devoted to housekeeping concern figure quite as conspicuously as do the scientific and the literary magazines. Thus, GOOD HOUSEKEEPING and the Century are often found in amicable proximity, each "at the top" in its own special line of work, both recognized as equally necessary to the household's complement of reading matter. The lecturer on cookery draws as large, as interested, and as intelligent audiences as the speaker on less prosaic and less practical themes. Moreover, wide-awake teachers have discerned the trend of popular thought, and in one school after another we hear of the formation of classes in household chemistry, classes in hygiene, classes in cooking, classes in dressmaking.

At the present time there are three generations of mothers in existence: elderly mothers who were "brought up" to housewifery, and little besides; middle-aged mothers who were "brought up" to almost anything in the way of culture but housewifery; young mothers who have enjoyed the advantages of the "higher education" and have even accomplished part of a "career" before husband and house, servants and children came into their lives to prove that the "higher education" does not support its possessor in certain emergencies as it ought (for a knowledge of logarithms is of little account when the fire is out and one does not have an idea how it should be rekindled, nor is the ability to write a poem of the slightest consequence when the broiling of a beefsteak is the order of the day, and how to broil meat the poetess is unaware!)

To the last-named class of mothers we look for that twofold education of their daughters which their own experience must by this time have dictated as correct. They have known the pleasures and advantages of "culture;" they have also felt the mortifications and vexations of a non-domestic training. Will they not see to it that *their* girls shall from earliest childhood be taught to regard "keeping house" as an occupation worth learning thoroughly, and not beneath the dignity of the most cultured women the world has known? George Eliot wrote novels of enduring fame; Harriet Martineau's pen influenced the foremost thinkers of her time; Mrs. Stowe's immortal book kindled a flame that burnt the dross of slavery out of our country's golden history; Miss Alcott captured the hearts of the children of two continents. Faithful and intelligent in their work for the public, these were as diligent and well informed in their conduct of home; all were excellent housekeepers, and a standing testimony to the fact that true culture is not by any means so one-sided an arrangement as some people have supposed. Let the younger mothers do their duty in this respect, let women, old and young, unite in helping along the good work, and the twentieth century will bear a harvest of "perfect women, nobly planned," to prove that in the latter days of the nineteenth we at last solved successfully the difficult problem of how to educate a daughter.

—*M. D. Sterling.*

Original in GOOD HOUSEKEEPING.

A BASKET OF PEACHES.

How to Dispose of Them.

IN any form this delectable fruit is "food fit for the gods." Below are given several ways of using it, which will certainly be acceptable, and may, possibly, be new to the majority of readers who are lovers of the peerless peach—that "well-known high-flavored juicy fruit."

Peach Pudding, No. 1.

Make a nice muffin batter, adding half the quantity of sugar required for cake. Pour half of it into a buttered pudding dish, add a thick layer of chopped peaches well sugared, and pour over this the balance of batter. Bake as for a cake, and serve with butter and sugar sauce.

Peach Pudding, No. 2.

Chop the peaches into a bowl and add a generous quantity of sugar; then set away until a thick sirup has been drawn. To this add beaten eggs in the proportion of two eggs to a pint of fruit, reserving the whites of two eggs for meringue. Add half the quantity of milk there is of fruit and two rolled crackers for each pint of the mixture. Mix, pour into an earthen dish and slip into a quick oven. Rapidly beat the whites with a heaping teaspoonful of soft white sugar to each, put at once on pudding and return to oven until the meringue is a delicate brown. Serve cold.

Peach Custard.

Line the bottom of a pudding dish with pared and halved clearstones, cavities up; fill these with soft sugar. Make a rich cornstarch custard, stir over the fire until quite thick and pour over peaches, cover with a thick meringue, which lightly brown. Serve very cold.

Peach Cup Custard.

Make a custard as above, reserving one or two whites for meringue. Add an equal quantity of chopped, sweetened peaches. Pour into cups, spread each with meringue, lightly brown, and serve in the cups very cold.

Peach Muffins.

Make a very stiff, sweet muffin batter; add to the batter two-thirds its quantity of sweetened and sliced peaches. Pour into buttered muffin rings, and bake as usual. These are good either hot or cold.

Peach Cake with Whipped Cream.

Bake a sheet of delicate sponge cake. When cool enough to handle, cut into three-inch squares, split and arrange half the quantity in dessert plates, crust down. On each slice put a generous quantity of sliced peaches and sugar. Cover each slice with its companion piece, crust down. Serve cold with whipped cream.

Peach Jelly.

Make half a boxful of gelatine into jelly, flavoring with lemon and sweetening well. When cool enough, pour half into a glass mold. As soon as this is sufficiently stiff to bear them, put in a layer of chopped peaches which have been drawing sirup for two hours; add juice. Pour in the balance of jelly and set away to harden.

—*Claudia Tharin.*

Selected for GOOD HOUSEKEEPING.

PICKED UP IN PASSING.

Prettiness dies quickly.

Better that the feet slip than the tongue.

Where it is weakest there the thread breaketh.

Though the sun shines leave not your cloak at home.

Original in GOOD HOUSEKEEPING.

WITH ALMONDS.

Baked Almond Pudding.

BLANCH one-fourth pound of sweet almonds and four bitter ones, pound them with a little rose water, mix them with three tablespoonfuls of melted butter; then add four well-beaten eggs, the grated rind and juice of half a lemon, one-half pint of cream, the same quantity of milk, and two large tablespoonfuls of white sugar. Stir all the ingredients well together, line a dish with rich puff paste, pour in the almond mixture, and bake in a moderate oven for one-half hour.

Steamed Almond Pudding.

Butter a pudding mold thoroughly, and stick thin slices of candied peel (mixed), halved raisins, and candied cherries, thickly over it; fill the mold with very thin slices of bread and butter, sprinkling between each row sugar flavored with lemon, candied peel (sliced), and almonds that have been blanched and chopped rather coarsely. Pour over the whole a pint of sweet milk mixed with four well-beaten eggs. Cover the mold closely and steam the pudding for forty minutes.

Epicure's Pudding.

Line a pie dish with rich puff paste, slice over the bottom of the dish three ounces of candied orange in very thin shavings; over this strew one ounce of sweet almonds and three bitter almonds finely chopped and mixed together; beat the yolks of eight eggs and the whites of two until very light, add to them eight tablespoonfuls of white powdered sugar, and a tablespoonful of orange juice; pour this over the chopped almonds in the pie dish, and bake in a moderate oven for one hour. When done spread over it a meringue made with the whites of four eggs sweetened to taste, and return to the oven for one minute. Just before serving sprinkle over the meringue two tablespoonfuls of blanched and finely chopped sweet almonds.

Almond Fruit Cakes.

Beat one-half pound of soft butter to a cream with one-fourth pound of white powdered sugar; mix in thoroughly one-half pound of sifted flour into which has been stirred one teaspoonful of baking powder. Then thoroughly beat the yolks of four eggs, add a dessertspoonful of orange juice, two ounces of well-washed currants, one ounce of candied citron cut up small, one ounce of sweet almonds blanched and chopped, and lastly the well-beaten whites of the eggs. Stir all together and beat the mixture thoroughly for five minutes or until well mixed. Drop on buttered tins in pieces the size of a walnut, and bake in a quick oven.

Almond Simnel.

This cake is made in alternate layers of the cake mixture and almond icing before it is baked. To make the icing, mix one-quarter ounce of bitter almonds and one-half pound of sweet almonds together, blanch, and then pound them to a smooth paste with the whites of two eggs, and two ounces of white powdered sugar. For the cake mixture, beat one-half pound of butter and one-half pound of white sugar to a cream; add four well-beaten eggs, stir in one-half pound of well-washed currants, then two ounces of ground rice, and six ounces of flour. Butter a cake tin well, put a layer of the cake mixture at the bottom, then a layer of almond icing and so on until the tin is nearly full, having the cake mixture at the top. Bake in a moderate oven from one and a half to two hours. When the cake is cooked ornament the top with little balls of almond icing.

Genoa Cake.

Beat one-half pound of butter and one-half pound of white sugar to a cream, add four well-beaten eggs one by one, ten ounces of currants, one-quarter pound of chopped and seeded raisins, and six ounces of candied peel cut very small. Beat it all well, then add nine ounces of flour and beat it again. Pour it into a buttered cake tin, and just before putting it into the oven strew the top thickly with almonds that have been blanched and cut in halves. Bake in a moderate oven for one hour and a half.

Almond Tartlets.

Roll out puff paste to one-fourth of an inch thick, cut it into rounds, put them in pattypans, press them out with the finger and thumb, and put a little jam in each. When baked cover with the following mixture: Mix well together the yolks of three eggs, three tablespoonfuls of powdered sugar, and three ounces of blanched and ground almonds. Spread it over each tartlet and put them back in the oven for five minutes.

Almond Pie.

Mix together eight ounces of white sugar, eight ounces of sifted flour, and eight well-beaten eggs. When smooth add two glasses of sweet milk, and stir it all over the fire until it comes to a boil, then add one-quarter pound of soft butter and one-quarter pound of sweet almonds blanched and chopped very finely. Next pour the mixture into pie dishes that have been lined with rich puff paste. This also makes a delicious filling for almond cheese cakes.

—Mrs. S. H. Snider.

Original in GOOD HOUSEKEEPING.

"BROWN OCTOBER."

I wrote some sad verses about "Brown October,"
When into my room she whisked—mad as could be;
Her cheeks red and wrathful—her bright lips demanding,
"Now pray, is there anything 'brown' about me?"

I sat there aghast, while she fixed her eyes on me—
Her blue, brilliant eyes, from soft mists coldly free.
She shook her long locks (they were yellow as sunshine)
With, "Pray, is there anything 'brown' about me?

"It might do for March, or for poor washed-out April,
And August, I'm sure, is as tanned as can be:
November deserves it—with all his bare branches;
But why should you choose 'Brown October' for me?

"Just look at my skies; were there ever such blue ones?
See the far-flying gold of that great maple tree!
I've set the whole roadside ablaze with my sumachs—
Pray, where is the 'brownness' you speak of in me?

"Perhaps," she continued, in accents quite cutting,
"Perhaps 'tis the tender young grass that you see,
Or the fringed purple asters, or rosy-streaked apples
Have fitted the name 'Brown October' to me.

"But there! I've no time to stand wrangling with scribblers;
I've woodbine to tint, and the milkweed to free:
But this I will say,—if you *must* scrawl poor verses,
Don't write any more 'Brown Octobers' to *me*."

She swept from the room, and I followed her, meekly:
The gold leaves were flying as fast as could be;
The rich sumach blushed—and the wind echoed softly,
"Now pray, is there anything 'brown' about me?"

I cried, "Dear October, forgive my dull blunder:
I'll dip a gold pen in a rainbow-hued sea
To write your bright name—and if that doesn't soothe you—
Just think how *uncommonly brown* you've done *me!*"

—Margaret Gilman George.

Original in GOOD HOUSEKEEPING.

PUMPKIN PIE.

A STORY AND A RECIPE.

I see the house where grand'am lived,
In the hedge beside the way;
With doors all locked and windows barred,
It stands there, lone and gray.

The fields are white to-day with grain,
The pumpkins changing green to gold,
For Nature works on the same old plan
She did in days of old.

'Tis naught to her that the house is still,
That grasses grow to the very door,
The sun still shines on ripening grains
And pumpkins as of yore.

I see where long ago I sat
With Molly, Nannie, Ted and Joe,
And sliced the spheres for pumpkin pies,
While grand'am mixed the dough.

Untaught, unlearned was grandmamma,
In the lore you'll find in books,
But ev'ry one conceded that
She was the best of cooks.

And wondrous olden stories, too,
She had in her repertoire.
You heard but one, then, like her pie,
You always wanted more.

Here's one of her Thanksgiving tales,
I'll tell as 'twas told to me,
A homely thread through the woof, you'll find,
She wove a recipe.

STORY.

'Twas just the edge of winter time,
I've heard my father say—
(Bring me one cup of butter and lard,
With three of flour, May).

Men fought for freedom, father said,
And he was one, I know,
Whose shoeless feet that wintry time,
Left blood marks on the snow.

Ah, me! for long, long weary years,
Those men have been but dust—
(Now, Annie, bring a pinch of salt,
'Twill season well the crust.

A little ice-cold water, May,
To bind the whole together),
My father said, that ne'er before,
Was known such bitter weather.

All ragged, hungry, worn and cold,
Yet faithful unto death,
The men for freedom, truth and right
Would give their latest breath.

Father, one day, with Uncle Ben,
Went wand'ring through the wood
For long and weary miles, to find
For starving men some food—

(There, Nan, the dough is ready now,
To make a pastry shell,
So take the pumpkin from the stove
And stir, then sift it well.

I added, when 'twas two-thirds done,
Molasses, one-half cup;
I've simmered it for full six hours,
'Tis time to dish it up).

The day was closing darkly down,
And no food had been found,

My father said, when o'er a fence,
Upon the frozen ground,

They saw a pile of pumpkins lie,
Such half-ripe, frozen things—
(Quick, Nan, a pint of boiling milk,
While May the sugar brings.

One-half a cup, I think, will do;
Now, Annie, dear, begin
To stir, while two cups and one-half
Of pumpkin I put in.

Two teaspoonfuls of cinnamon,
Nutmeg and salt to taste.
Now, May, run out, and from the ice
Bring here to me the paste,

And while the pumpkin cooks awhile,
I'll gently roll the dough).
How does the pumpkin story end,
Is that your question, Joe?

Well, father, your great gran'sir', Joe,
Said he and Uncle Ben
Sat down upon the frozen ground
And ate a pumpkin, then

There came a sound of marching feet,
A shout, a wild halloo!
And field and wood were all alive
With England's red-coat crew.

Yet they escaped. How was it done?
O Joe, they used their legs.
(Now, May, just stir into that dish
These two well-beaten eggs.

Then fill this shell of flaky paste
Full of the mixture, sweet.
Now bake, and I am sure you'll
A pie that's hard to beat.)

As for your gran'sir's pumpkin, Joe,
How oft, with hearty zest,
I've heard him say, "Of all the feasts,
That pumpkin was the best."

—*Lizzie M. Hadley.*

Original in GOOD HOUSEKEEPING.

TEDDY'S WOOING.

O Nora, come hither, the cushat is callin'
His mate through the woodland, all drippin' with dew,
An' here at your window when twilight is fallin',
It's meself that's a callin' swate Nora for you.
Sure love has me heart sich a terrible snarl in,
That divil a bit can I lave ye alone;
Until ye've consinted to be me own darlin',
An' come to the church wid me, Nora Mahone.

Whist, Teddy; why can't ye lave off wid your tazin',
Sich talkin' will kill me as thruly as fate;
An' niver wan word can ye say that is plazin',
When th' loiks av sich nonsense gets into your pate.
Instid av sich blarney ye'd bether kape shady,
So take yes silf aff noo, an' lave me alone;
For how could I iver be Missus McGrady,
So long as me name it is Nora Mahone?

Ah! Nora, an' sure ye was always a sly one,
With mischief intint I can see your eyes shine;
An' as for a joke; you were always a dry one,
An' sure av the best of me every toim.
An' tho' ye's was always an iligant lady,
Your name doesn't plaze me so well as me own;
The prast he shall change it to Missus McGrady
An' thin there won't be any Nora Mahone.

—*George W. Shipman.*

Original in GOOD HOUSEKEEPING.

NEIGHBORHOOD TALK.

Company Parlors.

ONE of our neighbors lives with her husband and two children in a house of three rooms. They sleep in the bedchamber, eat in the kitchen and live there, too, keeping the parlor shut up for company. It is carpeted and curtained and adorned with pictures. A pink seashell and an album grace the table; a tiny shelf holds the china dog and woolly sheep, with other toys which different Christmas days have brought the children; all the family treasures are there, even the best looking-glass and a useful lamp, also the only rocking-chair, and the only one with arms in the whole house. But alas, this fine apartment is a holy of holies which is only entered Sunday afternoons and company days, even by the blessed sunshine which ought to be a welcome daily guest.

These honest folks are not alone within our neighborhood in having a closed parlor. I called on Mrs. Well-to-do the other afternoon and was ushered into a room so dark that I could not readily distinguish my hostess from her daughter, and so chilly that I wished for a shawl while sitting there. They had evidently closed one room against the heat and dust, and of course it was the best.

A miserable sick creature whom I once visited was sleeping in a room which would have made a good-sized closet and which opened upon her parlor, hung with lace curtains and carpeted with tapestry brussels. When I begged her to move in there for better air and light, she sadly replied, "O no, if I have to give up my parlor I might as well go to the poorhouse. And so from Mrs. Poor up to Mrs. Rich it seems instinctive to set apart the best place in the house for family treasures and there keep them sacred for the occasional stranger who may come.

It is not always so. I call to mind in pleasing contrast the large square parlor of the Gays, with its easy-chairs and lounges which invite you to sit down; its tempting books which you must open for a peep inside; its rare pictures which delight the eye, and some of which (the flower pieces) seem almost to offer fragrance. There is the tea table in one corner promising a cup of tea at any moment, an oriental basket on another table holding some bit of needlework, near by a growing fern, and further on a fresh-picked rose, every dainty appointment adding its evidence that the room is used and enjoyed by the whole family; a kind of lived-in air such as no place of display like a formal reception room, or drawing room, or company parlor may ever hope to acquire. Why should there be company parlors any more?

Reception halls are well enough for the necessary parley with book agent or other individual on business, but let the friend and the acquaintance, whether for formal call or cozy visit, be invited to the family living room, and find there an atmosphere of homeliness and occupation such as the heart and center of the house should always manifest.

—*Glin Burton.*

Original in GOOD HOUSEKEEPING.

AN ODD PICTURE FRAME.

TAKE an old flat frame (or one nearly so) and cover it in all sorts of fantastic shapes with small oyster shells, rough side out, and then gild them about two coats. The shells should be washed thoroughly with a brush to get off all particles of dirt, and two holes drilled in each. This last operation will require patience to avoid breaking. Still broken pieces will be necessary to fill in the odd chinks, as the whole should be covered. Large tacks or lath nails will hold them on firmly.

By varnishing the whole with copal varnish after gilding, it can always be washed free from the dust which is bound to collect on any rough surface. The effect will be novel and effective, giving the impression of a handsomely carved and very unique frame.

—*Mrs. A. C. H.*

Original in GOOD HOUSEKEEPING.

WHEN I WAS A GIRL.

Aunt Clarissa wears her snow-white hair
In the fashion of long ago,
With three little curls each side her face,
Arranged in a spiral row.
But she looks askance at my frizzy bangs
When their fluffy kinks unfurl,
And mutters, with disapproving air,
"La! me, when *I* was a girl!"

She gowns herself in a skimpy frock
That is fearfully short in the waist,
But opens her eyes at my high-cut sleeves,
And thinks them devoid of taste.
It fairly gives me a fit of the blues,
And sets my head in a whirl,
When she arches her brows and says with scorn,
"La! me, when *I* was a girl!"

You'd think the girls, in Aunt Clarissa's time,
Were angels from top to toe,
To hear how grimly she lectures me
When I chance to mention a *beau*.
And if I just venture to speak of love,
Her lips take an upward curl,
And she says, in a prim and prudish way,
"La! me, when *I* was a girl!"

But I found her reading a letter once;
It was tied with a ribbon blue;
The writing was dim and blurred by time,
But I know 'twas a *billet doux*,
For I saw a flush on her faded cheek,
Half hid by the spiral curl,
And I heard her murmur, in accents low,
"La! me, when I was a *girl!*"

—*Helen Whitney Clark.*

THE KITCHEN TABLE

Original in GOOD HOUSEKEEPING.

APPLE DESSERTS.

THE apple, although so common a fruit, holds enclosed within its crimson or pallid green cuticle unlimited possibilities for dainty and delicious desserts. Its cheapness is of itself a recommendation not to be underrated in households where the table expenses must not exceed a certain fixed sum, and yet where a "sweet tooth" belongs to each member. In such a family of my acquaintance, the apple is a favorite fruit, and all new methods of preparing it which are simple and inexpensive are eagerly tested. Below I give some of the prime favorites in that particular household.

Apple Custard.

Make a thick cornstarch custard with eggs, in the usual way, and pour half into a pudding mold. When set, put in a layer of tart apples, grated and sprinkled thickly with sugar and nutmeg. Put in the balance of custard, which by this time will be stiff, smother the top and set away until ready for use. Turn out on a flat dish and serve with whipped cream or any simple sauce.

Baked Apple Custard.

Pare and grate three large sweet apples. Add three tablespoonfuls of butter, ten of sugar and four eggs, yolks and whites separately beaten; the juice of two and grated rind of one lemon. Line a pudding dish with bread crumbs, pour in the mixture and bake.

Poor Man's Pudding.

Line a buttered pudding dish thickly with bread crumbs. Over this put a thick layer of thinly sliced tart apples, a squeeze of lemon juice, a little nutmeg, a teaspoonful of butter in tiny bits and three tablespoonfuls of sugar; now a thick layer of crumbs and apples as before, with twice the quantity of butter. Finish with crumbs, bake, and serve with or without sauce.

Baked Apples with Cream.

Core, without paring, six firm tart apples; fill the cavities with sugar and a taste of nutmeg. Bake, and serve with whipped cream flavored with vanilla.

Apple Pudding, No. 1.

Mix together one-half cupful of sugar and the juice and grated rind of one lemon. Blend one-half cupful of butter with one pint of soft bread crumbs, three beaten eggs and six pared and finely chopped tart apples. Mix with sugar and lemon, and flavor with cinnamon. Bake in a pudding mold placed in a moderate oven, and serve with hard sauce.

Apple Pudding, No. 2.

Pare, core and quarter as many tart apples as will fill two-thirds of a pudding dish. Sprinkle with sugar and flavoring, dot with butter, and moisten with a little cold water. Fill the dish with a nice cake batter and bake in a moderate oven one hour.

Apple Meringue.

Pare and core small tart apples and put them in a pudding dish. Pack the cavities with sugar and cinnamon, spread lightly with butter, cover with a plate and bake in a moderate oven until tender. Make a custard of milk, eggs, sugar and vanilla; pour this over the apples and leave in the oven to set. Make a meringue of the whites of two eggs, a tablespoonful of sugar and a few drops of vanilla; pour over the apples, and brown delicately.

Apple Snowballs.

Pare and core firm tart apples. Boil a cupful of rice in salted water until tender. For each apple take a piece of soft, white cotton cloth, suitably proportioned; moisten each piece in cold water and cover half an inch thick with rice Pack each apple with sugar and nutmeg, and lay one on each cloth. Wrap, tie securely and steam one hour. Dip the cloth in water before turning out the balls. Serve with pudding sauce.

Apple Ginger.

Boil to a thick sirup two pounds of white sugar with three half-pints of water, adding one ounce of ginger as the sirup boils. Pare, core and quarter two pounds of hard apples. Soak in cold water five minutes, then boil in the sirup until they are transparent, cooking so gently that they will not break. Remove the apples to a deep dish and pour over them the sirup.

Apple Compote.

Boil one part of sugar and two of water for a few minutes, then simmer in the sirup small apples, pared and cored. When tender remove to a dish, and boil the sirup down to one-third the original quantity. Pour over the apples. Serve cold with cream.

Apple Cream.

Boil whole apples until soft; press through a sieve and add a generous quantity of white sugar and the juice of one lemon. Beat egg whites to a stiff froth, add to the apples, beat all until white and serve on glass dishes.

—*C. T.*

Original in GOOD HOUSEKEEPING.

RECIPES FROM SANTIAGO.

Olla Cubano.

THIS makes a most delicious soup and a side dish for dinner. Put to soak over night one cupful of Italian peas (obtainable at any large grocery store) with one pound of codfish. In the morning pour off the water and take out the fish. Cook the peas until the skins can be easily removed, then take from the fire and slip off the skins. Put two pounds of soup meat in a kettle with four quarts of water, one whole onion and two cloves of garlic. When it boils, skim and add the peas, half a small cabbage, one large turnip, two carrots, a quarter of a pound of ham and two ounces of fat salt pork. After the soup has cooked two hours add nine small potatoes, peeled, a small, highly seasoned sausage, and a roll of meat prepared as follows: Chop fine one pound of lean beef, sprinkled with a teaspoonful of chopped parsley, and dust with salt. Add one clove of garlic cut fine, a tablespoonful of flour and a well-beaten egg. Mix all together well and shape into a long thick roll. Lay this carefully on top of the vegetables in the pot and cook slowly an hour longer. Carefully strain away the soup, to which is added vermicelli. The meat and vegetables are to be neatly arranged on a platter and a tomato sauce poured over them.

Beef Tongue.

Dip a nice beef tongue in boiling water to make it pos-

sible to remove the skin. After skinning it, punch holes in all its sides. Pound in a mortar three cloves of garlic and half an onion. When fine add a little salt and two tablespoonfuls of vinegar. Cut in small strips two ounces each of fat salt pork and ham. Dip these in the prepared vinegar and insert in the gashes. In a large saucepan put one and one-half tablespoonfuls of lard. Put in the tongue and the remainder of the vinegar, and turn the tongue until it is nicely browned; then add two cupfuls of boiling water. Cook the tongue slowly for three hours or more, adding water from time to time to keep the quantity about the same. When nearly done, add a cupful of red wine. It will be a fine brown and look glazed. It is really the finest way to cook a tongue.

Beefsteak, Santiago Style.

Put a spoonful of lard on a frying pan. When smoking hot, put in the steak and brown quickly on both sides. Put in a sliced onion and brown also. Put the steak in a hot dish, turn over it the onion, squeeze on the juice of a lime, and sprinkle finely cut parsley over it. Garnish with Saratoga potatoes.

Brains.

Boil, in salted water twenty minutes, brains that have been well washed and tied in a piece of cheese cloth. Let them cool, then cut in rather thin slices, and dip in beaten egg. Fry brown in hot lard. They taste very much like oysters.

Boiled Fish.

Put a piece of oiled paper in the bottom of a fishpan; on it place a large fish that has been cleaned and skinned. Add a sliced onion, two cloves of garlic and sufficient salted water to cover. Boil until done. Take it up and squeeze over it the juice of a lemon. Boil two eggs hard, chop the whites fine and sift the yolks. Cut cold boiled beets in fancy shapes. Put a row of the chopped whites of eggs down the middle of the fish, on each side of that a row of the yolks and next the yolks a row of the beets. Over all pour a French dressing of oil and vinegar and a drop of mayonnaise on each piece of beet. Garnish the dish with leaves from the heart of a lettuce.

Ojalda.

This is a most delicious form of bread to eat with coffee or chocolate. Take two cupfuls of flour, put it on the bread board and make a hole in the middle of the pile. Drop into it the yolk of an egg and a heaping tablespoonful of lard. Wet this up with salted water until a stiff paste is formed. Work this well, lifting it and throwing it down snappishly on to the board every few minutes until it is a light, smooth dough and full of blisters. Roll this very thin and cut in diamonds and fancy shapes with a pastry cutter, cutting two or three slits through the middle. Fry these a light brown in boiling lard and sift powdered sugar over them. They should be crispy and melting in one's mouth.

Squash Salad.

Boil a small squash. When done, peel it and cut in small dice. Arrange in a salad dish with finely sliced onion and pour over it a dressing of one part oil and two parts vinegar. Serve cold.

Dessert.

Cut nice rounds of bread, dip in red wine and sprinkle with cinnamon. After standing an hour to soak, dip in eggs lightly beaten and fry a golden brown in hot lard. Serve with any nice sauce.

—*Mrs. C. S. Fox.*

THE COSY CORNER

[We invite correspondence of inquiry and information on all subjects of general interest and value to the Homes of the World.] —GOOD HOUSEKEEPING.

INFORMATION WANTED.

Editor of GOOD HOUSEKEEPING:

Some time since a very valuable and interesting article appeared in GOOD HOUSEKEEPING regarding the use of whole wheat flour. I desire, if possible, to know where this flour may be obtained, or where I may gain the necessary information.

UNION SPRINGS, N. Y. FRED M. ROGERS.

A MINE OF HOUSEHOLD WEALTH.

Editor of GOOD HOUSEKEEPING:

Having thoroughly digested the files of your magazine for 1891-'92 I would like to exchange with some subscriber for any series prior to 1888 or for the 1893 year. My 1888-'90 are mutilated, but 1891 and 1892 are in perfect condition. I do not insist on a complete file, as I find so much that is good in odd numbers.

CHICAGO, ILL. H. ARMSTRONG.

A HOUSEHOLD "STILL."

Editor of GOOD HOUSEKEEPING:

Is there such a thing made as a small still for the distillation of water for household purposes? If so, will you kindly inform me where I may buy one?

ST. CLAIRSVILLE, OHIO. C. C. CARROLL.

If any reader of GOOD HOUSEKEEPING has information of such an article as is asked for by our Ohio correspondent, will they please not be backward in coming forward with the same.—*Editor of* GOOD HOUSEKEEPING.

MORE BROWN BREAD RECIPES.

Editor of GOOD HOUSEKEEPING:

I have used this recipe eighteen years, and it is still the favorite:—

Brown Bread.

One cupful each of Indian, rye and graham flour, one cupful of molasses, one-half teaspoonful of salt, one heaping teaspoonful of soda, one pint of sweet milk. Steam three good hours, remove the cover and let it stand in the oven ten minutes. S. J. C.

NORTH ADAMS, MASS.

Editor of GOOD HOUSEKEEPING:

Inclosed find a recipe for brown bread that I *know* is just the article called for by your correspondent.

Brown Bread.

Two cupfuls each of cornmeal and ryemeal, one-half cupful of flour, two cupfuls of sweet milk, one cupful each of boiling water and molasses, two teaspoonfuls of soda. Steam two and one-half or three hours and bake one-half hour.

ATHOL, MASS. SALLY SMITH.

A NEW DEPARTURE.

MUCH IS SAID, much is written, and much printed nowadays about Housekeeping and Home Making, some of which is good, some bad, and still more indifferent in kind and character.

ALL OF THIS is found daily floating through newspaper columns and magazine pages, into an open sea of printer's ink. Some is read where it originally appears, less of it there digested, and less still found to be either helpful or healthful.

TO RESCUE the best of these floating waifs of literature, and give the choicest bits of them a place where they may be preserved and referred to at will, was a central thought, from which has developed our new department of "GOOD HOUSEKEEPING ECLECTIC."

A FEW PAGES of this department will be given up each month to the printing of selections, which will be made with great care and much discrimination, the aim always being the same as that which governs the selection of contributions of original matter—in the Interests of the Higher Life of the Household.

THESE SELECTIONS will, in all cases, where their origin can be learned, have proper recognition in the good old-fashioned way of journalistic credit and courtesy, instead of being buried in the middle of a paragraph, after the too prominent way of credit-giving of the times.

HOUSEHOLD PESTS.—THE FLEA.

NOT a very pleasant subject to study, still something of their structure and habits should be known by an intelligent housewife. Of fleas there are many kinds besides the species that are a nuisance to humanity, each, however, being distinct and special parasites to the animal it infests. We will confine our attention to the *Pulex irritans*, as the common human flea is technically called. To start with the eggs—these are oval, whitish, sticky, and not so small as might be imagined; it is said the flea lays about a dozen at a time, and does so every day for five or six successive days, fortunately not upon the body or the clothes, but amongst anything which accumulates dust or dirt.

It is only the fully grown insects that are troublesome, a fact not generally known, some being small and some large; but the small fleas are the males and those which are larger the females. It is not a jumping flea which hatches out from the egg, but a whitish, worm-like, hairy maggot, which at this period eats any dry animal substance, such as dead flies or gnats, hairs or bits of skin, which it may find in the neighborhood. They are extremely lively little grubs, wriggling and working along by means of their hairs and the pair of hooks at the end of the larva. In about twelve days it becomes full grown in its larval life, and then spins a tiny cocoon wherein it becomes a pupa. Inside this minute cocoon the little maggot creeps out of its skin and becomes a chrysalis, in which shape the outline of its future form is evident. In this condition it remains about a fortnight, taking no food during the time; at first it is a dirty white, but gradually darkens, getting more and more the tint of the perfect flea which issues from this pupa. Now its mouth organs are adapted for taking liquid food, and it begins its life of blood-thirstiness. It is interesting to note that warmth has much to do with accomplishing this metamorphosis quickly, for larvæ hatched from eggs laid at the beginning of winter remain in a torpid condition until the warmer weather wakens them into renewed activity. In the thus perfected flea the shape is peculiar, being flattened from side to side very much as though squeezed up between finger and thumb, and no doubt this shape (as well as the hairs on its body) explains the difficulty found in hurting the creature when caught in this way, and also helps it to insinuate itself between the folds of the garment.

Its body is covered with a hard, slippery, reddish-brown skin arranged in segments, another explanation, no doubt, of the difficulty of keeping it when caught. The legs are six in number, the front ones short, the hind ones much longer, beset with bristling hairs; the body also is furnished with hairs. The mouth is a complicated apparatus; but although we are in the habit of speaking of flea bites this is not quite correct, for it is more of a vertical piercing operation. When gorged with blood, the creature can empty itself if a fresh supply is at hand; the stains on linen that indicate the presence of fleas are composed of these undigested blood corpuscles.

Fleas do not seem dependent upon uncleanly habits, yet no doubt cleanliness can effect better than any other means the destruction of and freedom from these insects. For instance, the frequent use of the sweeping broom clears up any maggots that may have hatched in the dust, and where such are suspected, it is wiser to burn the dust than to throw it on a dust heap. They are said to swarm in spring, and that to destroy one in the month of March is to exempt a house of a hundred. But it is certain that every means must be taken to prevent any accumulation of dust or down in which they can propagate, which they do at all seasons, but especially in the summer. Blankets especially should be frequently shaken, and if possible often hung out in the air and sunshine. A lump of camphor left in the bedroom water jugs is said to render the skin washed in the water obnoxious to fleas. Camomile and other strong-smelling plants are held to be particularly distasteful to them; but if a room seems infested with them lime washing and fumigating with sulphur are the best remedies.—M. E. Heddon, in London Housewife.

NOTABLE NOTHINGS

The Wait in the Parlor.

There are few moments so trying to the personal dignity of a man as when sitting below awaiting the descent of the expected one. Such is the proud spirit of man that, although in the easiest chair in the most luxurious room in the house, he has still an uneasy sense of one left by the footman to cool his heels in the hall. These preliminary ten minutes—which a man assumes is the usual length of time—are sufficient to throw out of gear the most composed nerves. For although a man may not have any definite intent in his mind in paying a visit, the mere act of waiting and the sense of the preparation going on upstairs seems to give a hitherto unsuspected importance to his presence in the house, and he feels himself getting fidgety and uncertain.

A man who has undergone these experiences wants to know why women do not have books and papers in the drawing rooms to engage their visitors in waiting. He has so much suffered in being left to prey upon himself at such times that he avers he never goes to call on a girl without a book in his pocket. Moreover, he feels that the girl loses an opportunity in not having books—favorites, or so assumed—lying about casually for her visitors to see. In this manner she might acquaint them with the tastes or ideas that she may have, or prefers to have thought that she has.

A couple of generations ago no parlor would be thought complete without a copy of "Lalla Rookh," to be thumbed in anxious moments by young men in striped trousers and low shoes. A generation ago men in peg tops beguiled themselves with blue and gold editions of "Lucille."

The young man of to-day, it appears, is left to himself among cushions, faience statuettes and contemporaneous little figures in parti-colored French bronze, until he feels, indeed, like a bull in a china shop.—San Francisco Argonaut.

Things You can Buy for a Cent.

"The penny store appeals to me now with a fresh interest," said a young father, "and 'Give me a penny?' has a new significance; my youthful daughter has found the penny store, and she has discovered me as a source of supplies. It is wonderful the variety of things that can be bought for a penny, and it is astonishing the variety of things that she buys. Candies she buys of many kinds that are new to me, and which must have been invented since the not very remote period when I was a child myself. There are now more kinds to choose from, and they are sold in a greater variety of forms, at two for a cent or three or four, and some of the stick candies sold now are a foot or so long, though they are more attenuated then their shorter brothers. And she buys articles of furniture, pianos and chairs, and things like that for a cent apiece, and pin-wheel papers, a lot of them for a cent, and all different colors; and those little rubber bags that you blow up and that make a funny squeaking noise when you expel the air from them; paper dolls, little blank books and a great lot of things fascinating to the youthful mind. When we walk abroad she runs ahead as we approach the penny store, so that she may have the more time to gaze at the treasures in the window. Of all the shop windows this is the only one that interests her, and as I see her looking intently in and think of the many thousands of other children just like her, it is easy to see where the profit on penny goods comes in. —New York Sun.

Sound-Proof Apartments.

The problem of securing sound-proof apartments has long taxed the ingenuity of architects and builders, and various plans have been resorted to with various degrees of success. A recent writer, giving the results of some investigations in this line, states that, as regards the floor, a ply of very thick carpet felt underneath the ordinary carpet will, to a certain extent, accomplish the object desired; but, to make it really effective, it is essential to lift the floor, and, if there is not already a counter flooring between the joists, it may be of service to fill in on the top of the laths which hold the ceiling underneath with about three inches of silicate of cotton, afterward laying a strip of hair felt on top of each joist, before nailing down the floor, such treatment tending to stop all sound in that direction. As regards the walls, they would require to have vertical studs, say one and a half by one inch, spaced eighteen inches apart, these to be either lathed or covered with wire netting, and the spaces between the lathing and the present plaster filled in with silicate of cotton. The result will be still more satisfactory by providing the fronts of the studs with a strip of hair felt in the same manner as indicated for the joists, and the walls, of course, being replastered.

"Setting the River on Fire."

"Setting the Thames on fire" is an oft-heard saying, but probably few people know its origin. In the time of our forefathers corn was ground in a rough instrument called a "temse." This was merely a stone hollowed out to receive the corn, with a piece of wood passed through it, which, being rapidly turned, ground the corn to flour. If the wooden handle was turned with sufficient force, the friction of the wood against the stone would cause the stick to catch fire, but as it required considerable energy to produce this effect the person who could accomplish it was thought smart, and he who could "set the temse on fire" was pretty sure to be a good worker in other ways. After a time the "temse" was superseded by better machinery,

but the expression still remains in our language, only as the "temse" is now an unknown instrument the spelling has become corrupted into "Thames," although in reality it has nothing to do with the river Thames. From "Setting the Thames on fire" the saying was doubtless easily changed to that of "Setting the river on fire," so often quoted.

Telling a Person's Age.

If you want to amuse yourself, make your friends believe you are extraordinarily gifted and do a little practicing in mental arithmetic, get familiar with the manner of doing the following, and you will never fail to discover the age of a person and the month in which he was born.

First, you ask him to go to the other end of the room to prevent your seeing what he is going to write. Then you ask him to put down the number of the month in which he was born and multiply it by 2; then add 5 to the sum and multiply the latter by 50, add his age to the quotient; then deduct 365 and add 115 to the difference.

Suppose he is 49 years of age and was born in February, the computation might stand thus: 2x2=4, plus 5=9, multiplied by 50=450, plus 49=499, minus 365=134, plus 115=249. The last two figures indicate the age—viz., 49, and the first figure, 2, February, the second month of the year.

You simply ask the person to state the result of the calculation and then declare that he was born in February and is 49 years of age.—Golden Days.

Dangers of Water Filters.

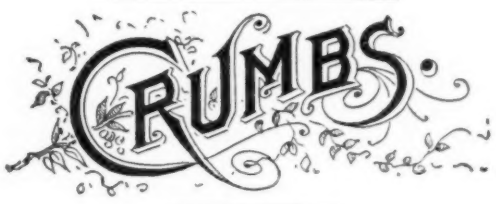
Somewhat of a surprise was created recently by Dr. Swarts of the Rhode Island Medical Society, who declared that water filters, as regards their worth for purifying water, are a failure. According to this noted scientist, not alone are they worthless as water purifiers, but their use is extremely dangerous to health. As proof of this assertion, Dr. Swarts took some unfiltered water, in which he showed thirty-six different specimens of animal and vegetable matter, poured this through a filter which had been in use for two days, and created considerable surprise by proving that as the water passed through the filter there were thousands of new germs added to it. In explanation of this the doctor says that as the filter is used from day to day it collects the impure substances, and these, as is readily seen, render the water more impure than when no filter is used at all; so that, unless some method is devised by which filters can be thoroughly cleaned at least once a day, it is discretion to dispose of their use entirely.

Good Clothes and Invalids.

"One of the things that helped my recovery," said a woman recently, who has just regained her health after a serious illness, "was a pretty bed jacket which my sister brought me one day in lieu of jellies and fruit. It was becoming, and I enjoyed it. The doctor, when he first saw me in it, said I looked twenty per cent. better than the day before; man like, he didn't appreciate the reason, and my spirits, and, consequently my condition, bettered in proportion. Too often invalids are wrapped in any old thing that is handy. I remember laughing once when a friend in robust health showed me a dainty lace-trimmed sick gown. 'For me,' she exclaimed, 'if I ever need it.' The notion struck me as absurd, when she was never ill, but after my experience with that bed jacket I appreciate better the value of attractive environment under depressing circumstances."—New York Times.

Thinking Aloud.

"Talking to one's self is generally considered a sign of a weak brain," said a doctor yesterday, "but nothing could be a greater mistake. It is a sign of an extremely active brain. It may be a strong or a weak intellect, but the activity must be there to cause this peculiarity. If you will observe you will be astonished how many people you will meet on the street who are thinking aloud. The talking is done unconsciously. Often the people addicted to the habit, if you call their attention to it, would aver that they never were guilty of such a thing. Some of the brightest men I have ever known do their thinking aloud without knowing it, and, on the other hand, some of the weakest individuals, mentally, whom I have met in my practice keep up a continuous conversation with themselves. So it would seem that a man who talks to himself must be one of two extremes, a wise man or a fool."—Pittsburg Dispatch.



To Boil or Not to Boil.

Boiling is a branch of culinary art that is understood by comparatively few cooks, although it is generally supposed to be the most simple form of cookery known. It is a fact that in kitchens where the cook understands her business, actual boiling as applied to meats very rarely occurs, excepting for a few minutes at a time, and then at the beginning of cooking. When these few minutes are over, the aim of the experienced cook is to keep meats that are to be boiled from boiling, and to let them simmer until done, for as surely as the meat boils it will be spoilt. A good rule for boiling is the following: Fresh meat, fresh poultry, fresh fish, all alike, should be plunged into as much boiling water as will cover them. Boil quickly three or four minutes in the case of meat, one minute in the case of fish; then draw the kettle back, add a little cold water to reduce the heat, and keep it covered, and let the contents sim-

mer only until done. The quick boiling "sets" the surface of the meat, which keeps in the flavor and goodness, while the inner portion is gently cooked until done; this is all the "boiling" needed. When really boiled, fresh meat is tough and flavorless, so that to "boil" meat successfully it should not be boiled at all. That fresh meat should invariably be put into boiling water, and salt meat into cold is another rule worth remembering. Salt should always be added to the water for fresh meats.—New York Tribune.

A Nutritious Broth for Invalids.

Take three ounces of freshly butchered meat of the best sort, without fat or sinew (either beef or fowl), chop it fine, put it in a china bowl and cover it with water which has been boiled and got cold (or better, distilled water from the druggist's), until one inch above the meat. Then add a pinch of salt, and five to six drops of muriatic acid; stir well this mixture by means of a small glass spoon; cover up the bowl and let it remain in a cool place for three or four hours. At the end of that time strain the liquid, which has a pale red color, through a hair sieve; pour over the meat some more of the above-mentioned water, while pressing it down with a wooden ladle, until it gets entirely discolored, and you have liquor sufficient to fill a large teacup quite full. This is enough for one portion. Two such cupfuls are the most a person ought to take during one day. It is in liquid form the same as the meat itself.—Mrs. Bayard Taylor.

A Breakfast, 1738.

Mr. Weddell, in his curious "Voyage up the Thames," from Somerset Stairs to Windsor, in a sailing barge or boat, in March, 1738, notes that ale was then still served for breakfast. He says: "Having started about Four o'clock one Afternoon the next Morning we arrived safe at Stains about Ten in the Forenoon, and went to a House of Entertainment, where everything appeared in a very good Taste: Breakfast was brought, consisting of Chocolate, Coffee, Ham, Cheese, Ale, and Wine: I mention the Particulars, because it was the first time I remember seeing things brought in this manner, and is what I approve of, since in a Company of six Men it is natural to expect, at least, one or two who can breakfast on Beef and Ale: Tho' I think Sippit was the only one among us of that Stamp."—Notes and Queries.

Rye Bread.

Sift one cupful of rye meal; add to one and a half cupfuls of rye flour, which has been sifted, and mix with one pint of wheat flour; add one teaspoonful of salt. Rub into the flour one large tablespoonful of shortening. Dissolve a small teaspoonful of soda in lukewarm water and add one-half cupful of molasses. Mix this with the flours. Scald one pint of milk, dissolve one-half a yeast cake in half a cupful of lukewarm water, and, when the milk is lukewarm, add it and the yeast to the batter; stir well while adding, then knead for fifteen minutes. Let rise over night. In the morning mold into two loaves. Place in greased pans. Let rise until light and bake one hour in a moderate oven.—New York World.

Sugar and Glucose.

Nearly one hundred different kinds of sugars are known, according to Professor Riley. Few of them, however, possess any economic value. After cane sugar, derived from the sugar cane and from beets, glucose is next in commercial importance. Forty million pounds of maple sugar are made in the United States annually. The sap, fresh drawn from the tree, contains from two to five per cent. of sugar. Of sugar from the sorghum plant one million pounds were produced in this country last year, chiefly in Kansas. Sorghum, like sugar cane, is a kind of grass. By selection of seed its percentage of sugar content has been increased in five years from twelve per cent. to seventeen per cent.—Boston Transcript.

Waste in Cooking Potatoes.

An English scientist, after careful experiments, finds that when potatoes are cooked without removing the skins they lose only three per cent. of nutritive quality through extraction of the juice. When the skins were removed before boiling, the loss was fourteen per cent., which makes the process of cooking the potatoes without their jackets an exceedingly wasteful one.

The Best Meats for Children.

The following represent the best meats for children in the order of their digestibility: Cold mutton, mutton chops, venison, tenderloin, sirloin steak, lamb chops, roast beef, rabbit meat and chicken. Veal, pork, turkey, goose and duck should be excluded from the children's bill of fare.

They tell a pretty story of a young woman in Sagadahoc county, Me., who left the parental home about a dozen years ago, setting up a new home of her own three or four miles distant as the crow flies, but in sight of the old homestead. Every evening since, so the story is told, mother and daughter have set a lamp in the kitchen window for the other to see and know that all is well with the one who placed it there.

The brain is considered ordinarily as confined by the skull, but in reality it extends to all parts of the body. The spinal cord has memory and, in a sense, may me said to think. Scattered all over the body are knots of nerves which are actually little brains, having power to register impressions. These knots are called ganglions; there are hundreds of them.

"People lift their eyebrows," says William Morris, the English poet, "over women mastering the higher mathematics; why, it is infinitely more difficult to learn the details of good housekeeping. Anybody can learn mathematics, but it takes a lot of skill to manage a house well."

QUIET HOURS FOR THE QUICK WITTED

Contributions for this department are always in order, the only provision being that everything submitted shall be fresh and entertaining, and—

Contributions not accompanied by the name and address of the writer will go straight to the waste-basket.

PRIZE PUZZLE.

378.—LONGFELLOW'S POEMS.

Who was Longfellow?

A distinguished and popular American poet.

When and where was he born?

On the 27th of February, 1807, at Portland, Me.

What about his ancestors in this country?

William Longfellow immigrated to the state of Maine in 1678, from English Hampshire; his father, Stephen, was a lawyer and United States congressman, and his mother, Zilpha Wadsworth, was a descendant of John Alden and of "Priscilla," the Puritan maiden.

If Henry Wadsworth Longfellow was the best known of American poets, as some say, I would like to learn something of his works.

Let us then seek to answer the following forty-six questions:

1. What was the title of the first volume published of Longfellow's poems?
2. What is the title of the last volume?
3. The name of what flower did he use for a collection published in 1867?
4. What did Longfellow call "The Children's Hour?"
5. Where was the Wayside Inn?
6. What was the name of the landlord of the Wayside Inn?
7. Name the seven characters who related tales at the Wayside Inn?
8. Name the five colonial tales related at the Wayside Inn.
9. What was Evangeline's surname?
10. What was Gabriel's surname?
11. Where did Evangeline find Gabriel after her long search?
12. How wide was the chasm leaped by the horse (Kyrat) of Roushan Beg?
13. What poem tells of a bell that was rung by a starving horse?
14. What was the name of Hiawatha's mittens?
15. What poem tells of "a maiden fair, lashed to a drifting mast?"
16. What poem tells of the manner in which a poet found the closing words for his book?
17. Of whom is it said, "He is a little chimney, and heated hot in a moment?"
18. What was the name of the snow-white bull upon which Priscilla rode to her home after the wedding?
19. In which of his poems does the poet refer to his home at Cambridge as having been the home of Washington?
20. What poem tells of the wreck of a sloop of war in Hampton Roads?
21. What poem records a tragic death at a wedding?
22. What is the title of the sonnet addressed to Tennyson?
23. What poet is Longfellow addressing in "The Herons of Elmwood?"
24. What events are referred to in the poem "The Two Angels?"
25. What poet is spoken of as "the ninth wave?"
26. Was "Helen of Maine," who gave Longfellow the "iron pen," an old friend or a stranger?
27. What poem tells of the slaying of the battle steed of an Indian chief at his grave?
28. Name the poem in which every stanza closes with "The thoughts of youth are long, long thoughts."
29. In what poem does the poet allude to the literary work accomplished by old men?
30. What hymn celebrates the consecration of a banner?
31. In what poem is midnight spoken of as the "Watershed of Time?"
32. Where is the reflection of the moon in the water likened to "a golden goblet sinking into the sea?"
33. Locate the quotation

"Somewhere the birds are singing evermore."

34. What company of people sailed down the Ohio river in a "cumbrous boat?"
35. For whom did Hiawatha lament in the chapter entitled Hiawatha's Lamentations?
36. In "The Building of the Ship," what was the first thing the master builder did after receiving the order?
37. What poem contains the potter's song?
38. On what part of the stairs did the "old clock" stand?
39. Who did the skeleton in armor say he was when alive?
40. What poem tells of a rustic chair that bore the inscription, "All things come round to him who will but wait?"
41. Among what tribe of Indians did the events occur related in "The Song of Hiawatha?"
42. What is the Indian name for Lake Superior?
43. What poem tells of a church scene in a Swedish village?
44. What poem tells of a "Lady with a Lamp?"
45. Who was called by her lover, "Bertha, the Beautiful Spinner?"
46. What was Longfellow's last poem?

PRIZES AND RULES:—*First Prize*, Three Dollars, for the first correct list of answers to the above forty-six questions; *Second Prize*, one year's subscription to GOOD HOUSEKEEPING for the second ditto; *Third Prize*, one year's subscription to Amateur Gardening for the third such list. Number the answers in order from 1 to 46, but do not copy the questions. Supplemental lists cannot be accepted. Precedence will be determined by date of postmark.

Those who have won a prize in this department within the last twelve months are requested not to compete for the above.

The Prize Coupon Signature Blank to be found on page viii must be signed and attached to each list entered in competition for the above prizes, or it will not be considered.

Answers must be received by 6 p. m., Saturday, Oct. 27, 1894.

PRIZE PUZZLE—ANSWERS.

375.—ANAGRAMMATICAL FISH CHOWDER.

Men and fishes were made by the same Creator, and He who has made provision for the physical needs of man, has as surely regarded those of the fishes.

Fishes were made for men, not men for fishes, although occasionally it is reported that a man has been devoured by a monster of the deep.

There is no affection existing between men and fishes, and fishes never "talk back," as men too often do, no matter how unpleasantly they may be spoken of or to.

Man can never state positively as to where any particular fish is going, and does not believe it knows itself.

Fishes cannot be taught tricks as can canary birds, monkeys, dogs, horses and boys.

The startling social and political problems of the day do not

agitate the fishes, yet they have decided opinions regarding their own individual affairs.

There is something very fascinating for men about fishes, since they (the men) will sit on a log for hours and wait for them to come to them.

No argument is necessary to convince the readers of GOOD HOUSEKEEPING of the valuable influence these irresponsible creatures of the deep exert on men (rich or poor) who find them useful as food.

"More fish, please."

An ounce of fish is worth a pound of gold—to the hungry man.

The winner of the first prize, one year's subscription to GOOD HOUSEKEEPING, for the first correct answers to the "Fish Chowder" puzzle, is Mrs. L. C. Baker of Hartford, Ct., and of the second, one year's subscription to Amateur Gardening, for the second correct list, is Mrs. W. H. Trippet of Deer Lodge, Mont. No. 11 was not taken into account in awarding the prizes as an error occurred, an indistinctly written "w" having been taken for an "n," so that it was impossible for any one to find the intended answer to that anagram. Correct answers were also received from Mrs. Howard Boyd, Norristown, and Mrs. A. P. Trautwein, Carbondale, Pa., and A. E. Burgess, East Orange, N. J. Another competitor furnished a correct list with the exception of No. 25, which she made "Green Tail."

1. Poor pies,	Porpoise.
2. Map Rugs,	Grampus.
3. Thou pet,	The Pout.
4. Hot butter,	The Turbot.
5. He, L. G. N. Luke must,	The Muskllunge.
6. Fling H. T. Y. Fishe,	The Flying Fish.
7. I'll—her B. A. cat,	The Cabrilla.
8. E. M. Clarke,	Mackerel.
9. S. Storey,	Oysters.
10. Dame Henn,	Menhaden.
11. H. thaw eel,	The Whale.
12. Pet door,	Torpedo.
13. I keep H. T.,	The Pike.
14. Fuel stitch,	Cuttlefish.
15. My pearl,	Lamprey.
16. Aunt Luis,	Nautilus.
17. The algid,	Gilthead.
18. Boreas,	Sea-orb.
19. Race him,	Chimera.
20. Rust gone,	Sturgeon.
21. Them clues,	The Muscle.
22. Right here, N.,	The Herring.
23. Rif'raf' eel,	Fireflare.
24. Warn Leah,	Narwhale.
25. Great nine,	Argentine.
26. Hold figs,	Goldfish.
27. U tell them,	The Mullet.
28. Rash fits,	Starfish.
29. With the gin,	The Whiting.
30. The poet,	The Tope.
31. H. E. T. Keats,	The Skate.
32. Ah! C a Colt?	Cachalot.
33. Lemon hats,	The Salmon.
34. Lobe grape,	Porbeagle.
35. Peter hid,	The Pride.
36. Thou end egg,	The Gudgeon.
37. Ah! pi six,	Xiphias.
38. Back north,	Thornback.
39. Hamlet C.	The Clam.
40. Bush life,	Bluefish.
41. The lost reb,	The Lobster.
42. That's chief,	The Catfish.
43. Himentown,	The Minnow.
44. Balance thre',	The Barnacle.
45. Thick cake best, L.	The Stickleback.
46. Loud fern,	Flounder.
47. Clip hard,	Pitchard.
48. He then, sir!	The Shiner.
49. Hit blue hat,	The Halibut.
50. H. Azores Frith,	The Razor Fish.
51. To tenth rode,	The Tetrodon.
52. For ages,	Sea Frog.
53. E. H. T. Lee,	The Eel.
54. He stole,	The Sole.
55. He part C. pie,	The Crappie.
56. This wife, H.,	Whitefish.
57. L. G. Gray in—,	Grayling.
58. Here let pick,	The Pickerel.
59. His frock,	Rockfish.
60. Up, tar them!	The Tarpu

Lines from the Letters of Puzzle .

The one who wins will certainly deserve the prize, as it requires time and patience to solve the puzzles. I have enjoyed the work exceedingly. M. S. B.

This is the first time I have ever really tried to finish one of the puzzles, although I have taken GOOD HOUSEKEEPING for several years. I am quite disappointed that my "chowder" is not quite complete. It seems as though there must be some mistake in numbers 11, 19 and 25. P. D. E.

379.—CUT FLOWERS.

I. Analyze a flower composed of *an evergreen* and *a kind of wine*, and find

1. A fastening.
2. A wedge.
3. An interjection.
4. Sacred.
5. Bashful.
6. A wine.
7. Stop!
8. To call out.
9. Look! See!
10. To fill to loathing.

II. Analyze a flower composed of *to exist*, *to advance*, and *closer*, and find

1. A small horse.
2. A liquor.
3. A city.
4. A period of time.
5. A numeral.
6. A sack.
7. A mythological character.
8. A receptacle.
9. A morass.
10. To ask alms.
11. Perfect participle of to walk.
12. A hard substance.
13. Upon.
14. To acquire.

III. Analyze a flower composed of *a pipe*, and *ascended*, and find

1. A wound.
2. A wager.
3. A dress.
4. A beverage.
5. To guide.
6. A wooden vessel.
7. A warehouse.
8. A plant.
9. A species.
10. To observe.
11. Unquestioning.
12. An insect.
13. To pierce.
14. To polish.
15. A small anvil.
16. Conformable to fact.
17. Employment.
18. The stump of a tree.
19. A unit of cubic measure.
20. To give site or place to.

IV. Analyze a flower composed of *a pronoun*, *a proper name*, and *a figure of speech*, and find

1. A false step.
2. A slender piece of wood.
3. Pleasing expectancy.
4. A separate portion.
5. The haunch.
6. A conspiracy.
7. A harbor.
8. A large, stout cord.
9. A fairy.
10. The spinal cord.
11. An untruth.
12. A hole in the ground.
13. A child's toy.
14. A solemn observance.
15. A heap.
16. To assist.
17. A rent.
18. To hire out.
19. A noose.
20. To tear off by violence.
21. To decay.
22. A handle.
23. Flexible.
24. Accompany.
25. Destitute.
26. To spend time idly.

A. C. B.

Editor's Portfolio.

SPRINGFIELD, MASS., OCTOBER, 1894.

Extracts from Good Housekeeping.

Each issue of GOOD HOUSEKEEPING is copyrighted, but our exchanges are invited to extract from our columns—due credit being given—as they may desire, save the contributions of MISS MARIA PARLOA, all rights in these being especially reserved to the writer.

Original Papers.

The special papers which appear in GOOD HOUSEKEEPING will be written expressly for its pages by our selected contributors and—with few exceptions—the entire Table of Contents will be served up from our own larder. Whenever we borrow from a neighbor a bit of this or a bite of that, we shall say where such bit or bite came from and to whom belonging.

Exchanges.

The applications for exchange with GOOD HOUSEKEEPING are so numerous that we are obliged to decline many received, that we should be glad to consider favorably, could we do so in justice to our business interests. Many of these applications come from journals of acknowledged merit and high position in their respective fields of effort and usefulness, but which are of no service to us in the conduct of GOOD HOUSEKEEPING. We must, therefore, draw the line where some benefit may accrue to us from the exchange, and can only respond favorably to those applications on condition of the customary monthly notices. To prevent confusion in our Exchange Department, the address of the journal to which GOOD HOUSEKEEPING is sent must accompany any private address that may be asked for.

AN ORTHOGRAPHONETIC PUZZLE.

Our Quiet Hours for the Quick Witted Department has become so popular that we have decided to enlarge its scope and increase its interesting feature of Prize Puzzles. To inaugurate this new departure an Orthographonetic Puzzle will be given in November, for the best solutions of which $50 will be awarded in Prizes. Particulars of the contest in November.

SCIENCE AND PHILOSOPHY IN HOUSEKEEPING.

The discussion of "The Food Question" will be continued in GOOD HOUSEKEEPING, for November, by Prof. Charles D. Woods, his paper for that issue being on a subject of vital importance to every housewife—"The Chemistry of Bread and Bread Making." Prof. Woods' masterly handling of the subject of "Wheat and Wheaten Flour," in the present issue of GOOD HOUSEKEEPING, renders unnecessary any words of ours in commendation of his writings in this series of "Food Question" papers. Next to Prof. Atwater, his Wesleyan University associate, no man "knows better what he is talking about," in connection with the Chemistry of Foods, than does Prof. Woods. The heroines of domestic housewifery will find in these papers much more than they ever dreamt of in their housekeeping and home-making philosophy. Evidence of this appears in the paper on "Wheat and Wheaten Flour" already printed, and "The Chemistry of Bread and Bread Making," coming next in order.

THE FOOD QUESTION.

BROADLY DISCUSSED FOR THE BENEFIT OF THE FAMILY OF MAN.

And take thou unto thee of all food that is eaten, and thou shalt gather it to thee; and it shall be for food for thee, and for them.

And thou shalt accomplish my desire, in giving food for my household. —*Scriptural Texts.*

In this issue GOOD HOUSEKEEPING commences the publication of a series of papers on "The Food Question"—a subject more far-reaching and vital than any of the many interesting and useful features that have had place in earlier issues. These papers will be continued, not only in the later months of 1894, but through the entire two volumes—XX and XXI—of 1895, and the Discussion will be conducted, as have all other preceding ones in these pages, in the Interests of the Higher Life of the Household.

The editor of GOOD HOUSEKEEPING has long desired to bring forward such a discussion as soon as the time should be ripe for it, and when such writers could be secured as would furnish useful and reliable information on the different points discussed, in a manner that would make the papers an authority on the subjects treated, and give them an individuality and character that would command recognition and admiration for their correctness and merit, wherever they might find their way.

That time is now at hand. Some of the ablest writers have been secured, and others selected whose names when given, as the series progresses, will command attention for eminence of place and position, and for fitness to discuss intelligently, the subjects of which these papers will treat, thus securing good seed for the sowing, abundant in quantity and excellent in quality.

The first paper is prepared by Prof. W. O. Atwater, an eminent student and writer on this and kindred subjects, and director of the Storrs Agricultural Experiment Station, with headquarters at Wesleyan University, Middletown, Ct. This is accompanied by a paper from the pen of Charles D. Woods, vice-director and chemist of the Middletown University, on "Wheats and Wheaten Flour," to be followed in November GOOD HOUSEKEEPING by another from the same pen, on "The Chemistry of Bread and Bread Making." These two papers will be treated from two quite dissimilar standpoints, those of the Miller and the Food Economist.

The papers on "Wheat" and "Bread," above named, will be followed immediately by one on "Meats,"

a paper on "Food for Infants and Invalids," appearing in the same issue.

Negotiations are also pending for the preparation of papers for this series, which will cover all branches of "The Food Question"—Animal, Vegetable, Cereal, Fruits as Food, Sea Food, Infants, Invalids, and Canned Foods—everything, in fact, that has a bearing and influence upon the Sustenance, Health and Economy of the Household.

The preparation of this series of papers had its origin in the impressiveness of a sense of duty that has come to the editorial chair of GOOD HOUSEKEEPING, in the passing of nearly ten years of occupancy, during which time there has appeared in print much desultory writing on different points that go to make up this series, without any attempt to cover intelligently and comprehensively the whole subject, which has for its interrogation point every day in every year, in every household, "What shall we eat?"

GOOD HOUSEKEEPING hopes and expects in this completed discussion of "The Food Question," to answer these important inquiries not only for those who are able to command, at will, all good things of this life, but to serve the wants, necessities and conveniences of those to whom the struggle for life sustenance is a hard and bitter one.

In order to do this thoroughly and comprehensively, the first papers of the scientists, above mentioned, will be followed by practical exemplifications, from Cooking Schools, from Teachings of experienced Housewives and worthy Queens of the Kitchen Table—a combined battery, so to speak, of wisdom, study and experience, bearing prominently on the welfare and well-being of the home.

All readers of GOOD HOUSEKEEPING are cordially invited to take a hand in this good work of regeneration and redemption of the household from the sins both of omission and commission, which abound and have abounded ever since woman and man discussed "The Food Question," with only an apple for an object lesson.

Contributors and readers alike, who have anything new, of practical value, to offer for discussion, will have favorable consideration, for whatever they may have to say in elucidation of "The Food Question," in the line either of suggestion or information, regarding the preparation, cooking and serving of food, looking "to the greatest good of the greatest number," as to What to Eat, When to Eat it, How to Eat it, Where to Eat it and What to do after Eating it, to secure best results?

A Question Box will be opened for the acceptance of such inquiries as may come from those who may seek enlightenment on any practical point or phase in this discussion in detail of "The Food Question."

FOODS AND FEEDING.

GOOD HOUSEKEEPING gives generously of its space this month to the Food Question, in its varying phases, beginning that thorough, thoughtful discussion which it purposes to carry on during the coming year. The announcement of its purpose has elicited such hearty response and congratulation as to make the initial number of the great series one of importance and wide interest; but it is believed that the able papers presented herewith will be found a worthy introduction of the momentous research.

The place of honor is given to a comprehensive article on the "Economy of Food," by Prof. W. O. Atwater, Ph. D., whose vital interest in the subject prompts a candid and earnest treatment, the value of which is assured by the high standing of the author as professor of chemistry in Wesleyan University, and director of the Storrs Agricultural Experiment Station. Starting from the premise that "most of us understand very little about what our food contains, how it nourishes us, whether we are economical or wasteful in preparing it for use, and whether or not the food we eat is rightly fitted to the demands of our bodies," the learned professor proceeds in simple but impressive language to set forth the grounds of his premise. He treats succinctly the errors in our food economy, of high versus low-priced foods, of food mixtures for nourishment—instinct and chemistry, summarizing the whole and illustrating his position with comprehensive tables.

The second paper, on "Wheat and Wheaten Flour," is by Prof. Charles D. Woods, vice-director and chemist of Wesleyan University. The declaration of the professor that wheat is better adapted for food than any of the other cereals is substantiated by his full and comprehensive discussion of the grain, its nutritive elements, and the processes by which they are made available for building up the human system. Those who read his present valuable contribution will be more than pleased to know that in the next

number he is to treat of the chemistry of bread and bread making.

"Uncle Sam and the Food Question," is the title of an interesting paper prepared by George K. Holmes, of the United States Census Bureau, Washington, whose intimate knowledge of what the national government is doing and has done for the advancement of the interests of the people—not alone of our own land—enables him to narrate many surprising things regarding the importance and far-reaching magnitude of these undertakings. Those who have supposed the limit of usefulness of our agricultural department to be compassed by its distribution of seeds and plants to favored congressmen and their influential constituents, will be pleasantly undeceived by reading the article.

"Some Peculiar Food Substances" are described by Dr. J. Brewster Sedgwick, starting with the manna of Bible times, and coming down to the present experimentation with wood cellulose.

Miss Parloa is still delving among the markets of Paris, bringing to light many interesting matters which would escape notice of the casual visitor, and telling about them in her direct, attractive manner, which conveys the maximum of information through the minimum of words.

In the "Secrets of the Toilet" series, Clara B. Miller discusses perfumes, how to make them at home, in the interest of economy, sachets, distilled water and the like.

The story for this month is brief but interesting—two good characteristics—telling the "Romance of an Apple Pie."

Mrs. Minerva Van Wyck's paper on "Fruit as a Food" deals with the apple, and gives that standard product high praise, presenting also numerous recipes for making it into sauces, pies and puddings.

"To Dress Well and Economically" is the serial title of Helena Rowe's paper, which monthly gathers the most important thoughts from the world of fashion and arranges them in concise form for the consideration of GOOD HOUSEKEEPING readers.

Helen Russell writes of "The Good Old Days," pointedly reviewing some of the conditions then existing, and evidently reaching the conclusion that the present times are quite as desirable, even if they have some unpleasant factors.

"Educating a Daughter," is the suggestive title of M. D. Sterling's suggestive article, which indicates a way by which a solution of the important problem of girls' education may be solved.

Some recipes for using peaches and almonds follow, with brief original sketches, and the usual entertaining selections and departments, all at their best.

The original verse begins with the frontispiece, "Once Counting Seven," by Clark W. Bryan; followed by "In October," by Claudia Tharin; "A Parable," by Helen Percy; "Among the Waving Corn," by Claudia Tharin; "Purple Asters," by Florence Cone; "Tommy Nut," by Lulu Curran; "Jingles," by Mrs. J. T. Greenleaf; "A Housekeeper's Autumn Time," by Grace L. Howard; "Lullaby," by May Hayden Taylor; "Brown October," by Margaret Gilman George; "Pumpkin Pie," by Lizzie M. Hadley; "Teddy's Wooing," by George W. Shipman; and "When I was a Girl," by Helen Whitney Clark.

THE FOOD QUESTION

TO BE SCIENTIFICALLY AND COMPREHENSIVELY DISCUSSED.

The announcement, in August, of GOOD HOUSEKEEPING'S proposed series of papers on "THE FOOD QUESTION," has met with quick response and cordial approval, from various sources. Space will not admit of printing, in this issue, all the commendatory notices and favorable comments that have come to us, but the appreciative and convincing quality of such as we give, will more than compensate for lack of quantity, and the same subject will be continued in future issues:—

From MRS. H. M. PLUNKETT,

Author of "Women, Plumbers and Doctors," and other valuable domestic publications.

On seeing the announcement of your comprehensive scheme for the treatment of THE FOOD QUESTION, I at once said that goes to the root of the matter. The discussion of no other subject is of such *vital* importance, and the country should congratulate itself, that a magazine so widely read as GOOD HOUSEKEEPING, and which is celebrated for its sane and sound views, has taken up the matter. We are just beginning to understand the deep meaning that the ancients condensed into "The sound mind in the sound body;" they knew it was useless to look for the highest achievement in persons who had not both, and the wisest men of the present day are asking: "How shall we attain them?"

The relation of good food to mind and morals is, at last, beginning to be understood. The attention has of late been so much directed to the causes of diseases, especially of those called "communicable," and so firmly has the conviction that they are due to microbes taken possession of the minds of

people, that what may be called the larger half of the cause is entirely overlooked, viz., the status of the *individual* liable to be attacked. When a community is invaded by an epidemic not all fall before its onslaught. Why? Examine the exempts. What do you find? They were in sounder health, they had properly constituted blood to nourish their various tissues. How had this sound blood been produced? By the assimilation of the right kinds and the right amount of nutrients. Medical men everywhere are bending their energies to that typical "wholeness" of the individual called health, through proper alimentation rather than through drugs; through proper foods, they are striving to produce the microbe-defying sound blood. Secure that and one can laugh at the numberless bacteria ever waiting to fall upon the unlucky wretch whose blood is below par. If a consumptive can only find a food of which a trifle more can be assimilated, the seeds of the disease that threatens to destroy him, will be safely encysted and he may die at ninety of a broken leg. It is easy to see why the food question takes precedence of all others that concern the physical well-being of man. There has been a great awakening on the whole subject during the last decade, and many able articles have been written treating of the chemistry of foods and their theoretical adaptation to the wants of the human system, and while the scientists have been struggling with the raw material, the feminine world has waked up to the best methods of cooking it. It is a theme that can never lose its interest while man must have his three meals a day. The relative cost of foods becomes a vital matter in those households that must "cut the coat according to the cloth," with a scant pattern at that, and the art of producing nutritious and savory food from relatively cheap material has made great progress through such institutions as the steam kitchen of Christiania—where an excellent dinner for a robust man is furnished for seven and a half cents.

The cooking school, with all its benefits, is pervading the land and all the Chautauqua circles have them now. Nearly every magazine has some article or note upon the food question Recent titles are: "Nitrogenous Foods," "The Therapeutics of Diet," "Fish as a Food," "The Adulteration of Foods," etc., *ad infinitum*, treating of every phase of the subject. It was a happy thought in GOOD HOUSEKEEPING thus to concentrate all these scattered rays of light into one brilliant illuminator—to array in an orderly and comprehensive series the treasures of wisdom from the minds of a galaxy of specialists, each of whom is a master in his own field.

From SAMUEL BOWLES,

Of the Springfield (Mass.) Republican.

I have read with much interest the announcement of your proposed series of articles on "THE FOOD QUESTION." There is surely no subject of greater importance to the households of our people than this, and such a broad, thorough and scientific discussion of it by the best authorities, as you contemplate, cannot fail to prove of great public benefit. There can of course be no better way of making this discussion effective than by the publication of the articles in GOOD HOUSEKEEPING. The food question is one that concerns us all vitally and upon which we greatly need enlightenment. There is no doubt that our lives will be happier, more healthful and more useful when it is better understood. I am glad that you see and propose to embrace the opportunity for valuable reform work in this direction.

From JOHN A. SLEICHER,

Editor New York Mail and Express.

I am glad to know that GOOD HOUSEKEEPING is to discuss THE FOOD QUESTION from the scientific and theoretical as well as the practical standpoint. No question concerns the physical welfare of the people more than that of the proper quality and quantity of the food we consume. Its bearing on our moral welfare must also be obvious. In my family, GOOD HOUSEKEEPING is not only read but filed away to be reread. Your excellent serial offers a field for the practical discussion of this question, and I am glad to know that it is to be so completely filled.

I was quite surprised while in Carlsbad, a few years ago, to find that so many Americans annually visited that place to "take the cure." All of them were sufferers from diseases arising largely from careless habits of eating and improper attention to the quality and quantity of their food. It is well that the American people in recent years have begun to think more seriously of the wants of the inner man. They have been too much concerned with other things and by their thoughtlessness in the mad rush for wealth have often sacrificed their health and consequently their happiness.

From HARRY DOUGLAS,

Editor Berkshire News, Great Barrington, Mass.

I should say that it would be difficult to select a subject for thorough and intelligent discussion more important to your readers than the food question, nor could a better medium be found for its treatment in the exhaustive way you propose, than GOOD HOUSEKEEPING—always a conscientious visitor to a large number of homes that have learned to welcome it as authority in domestic affairs. In these times the question wherewithal shall we be clothed appears to have taken precedence over the far more important question of what we shall eat and what we shall drink; and yet there is nothing that has a more direct bearing upon the health of the people and their happiness and morals than proper and seasonable food. Take care of the digestive organs and the heart and brain and soul of humanity will as a rule take care of themselves. Improper nourishment, indigestion and an illy sustained body are factors in crime, while content and prosperity are promoted by a healthy diet. The subject is a broad one, and I am glad that it is to be treated with the intelligence at the command of your valuable publication.

From HERBERT MYRICK,

Editor Farm and Home and New England Homestead.

The average family knows less about feeding itself than the farmer knows about feeding his live stock. We know how to feed cows for milk or for butter. The feeding of hogs (four-legged kind for instance) is down to such a fine point it is the general practice now to feed for a streak of fat, then for a streak of lean. It is certainly high time that we should learn as much about feeding ourselves, as our cattle. The extravagance of the present method of cooking and feeding is frightful in its ignorant wastefulness. GOOD HOUSEKEEPING is tackling a mighty live topic, and I wish you success.

From EDWARD F. GIDDINGS,

Editor Springfield (Mass.) Morning, Evening and Weekly Union.

I have been much interested in your announcement of the publication in GOOD HOUSEKEEPING of a series of papers on "THE FOOD QUESTION." Certainly there is no more important question of "domestic policy and practice," and GOOD HOUSEKEEPING affords the best possible medium of discussion of such a subject. Whatever GOOD HOUSEKEEPING does is done well, and the public is to be congratulated upon the fact that the food question is to be considered in its columns.

From JAMES P. MAGENIS,

Editor Adams (Mass.) Freeman.

I know of no question of domestic policy and practice, open for discussion and perusal in the household, of more vital importance than that of "THE FOOD QUESTION." It should come before sanitary consideration in the home, and is to my mind the key to domestic felicity and general health, as well as an economic question linked inseparably with the vitality and

maintenance of man. There has not come to my observation a medium better equipped for a discussion of the food question than that excellent family monthly well known to Western Massachusetts homes as GOOD HOUSEKEEPING; and, after perusing the subjects to be discussed, I feel qualified to state that the matter will be fully covered in general and in detail in a manner that cannot fail to instill lasting benefit in every home where GOOD HOUSEKEEPING is read and appreciated.

From EDGAR J. BLISS,

Editor of Berkshire Courier, Great Barrington, Mass.

Your proposed plan to open in the columns of GOOD HOUSEKEEPING a discussion of THE FOOD QUESTION can hardly fail to secure the most satisfactory results. A very happy condition of things will attend the opening of the discussion, viz.: The bringing together of one of the most important and vital domestic questions; and the most valuable and appropriate medium in which to discuss the matter.

GOOD HOUSEKEEPING has accomplished its object in thousands of homes, that of developing the higher life of the household, and it is a source of congratulation to its readers that the plan has been decided upon to introduce the discussion of the all-important question of food to its large and growing constituency.

A great majority of the human race is absorbed in the question, how to obtain food. More people ought to give heed to the equally important question, what to do with it after it is obtained. The most of us are not much beyond Adam and Eve in this respect, eating the wrong thing and in the wrong way. Many readers of your excellent publication will await with interest the expected articles.

From MARY E. DEWEY,

Principal of the celebrated St. David's School, formerly conducted with great success at Sheffield, Mass.

I see that you are still active in the good work of bettering our homes, and that you are about to enter upon an exhaustive discussion of the great daily, and tri-daily interest of every family—its meals. I trust that your laudable efforts will be crowned with success, and that while they may assist in making the sumptuous banquet more wholesome, they may also help to give an appetizing savor to the homely diet which feeds the greater part of mankind.

From O. M. BAKER,

Of the G. & C. Merriam Co., publishers Webster's Unabridged and International Dictionary.

I regard a proper discussion of the food problem of the greatest importance in any publication that appeals to the home for interest and support, and certainly nothing can be of more importance to the home itself than the food problem. It is right in the line of such a magazine as GOOD HOUSEKEEPING, and I shall be glad to see it among its most prominent features.

From MILTON BRADLEY,

Founder of the celebrated Home Amusements, and School and Kindergarten materials, Springfield, Mass.

I have read your proposed discussion of THE FOOD QUESTION, in GOOD HOUSEKEEPING, with great interest. In these days of scientific progress and commercial cupidity the multiplicity of things new or old bearing most wonderful and bewildering names, which are being offered to us by our butcher, our baker and groceryman, renders it quite impossible for the family provider to correctly determine which are most desirable when considered from the economic and the epicurean standpoint, or which are merely harmless. Possibly it is in vain to hope that we may obtain any very definite information as to the actual economic value or chemical composition of the various compounds which are constantly offered, but I believe that GOOD HOUSEKEEPING, with the independence of commercial considerations which its assured position in thousands of the homes of our conntry gives it, is one of the very best mediums through which this desirable information may be published. I hope the articles may be so practical that two things shall be determined regarding each food product which is discussed, namely—the relation of life-sustaining qualities to the cost of each, and the relative hygienic qualities of various palatable preparations which are offered in the market under such a multitude of names as to almost overcome even the "International" and the "Century."

From ANNA BARROWS,

Of the Boston North Bennett Industrial School, of the Boston Y. W. C. A. School of Domestic Science, and an editor of the New England Kitchen Magazine.

No one who has made any study of the subject will deny that THE FOOD QUESTION is one of the most important problems before the human race at the present time. It is so closely connected with the great questions of temperance and labor that it must be settled before they can be adjusted satisfactorily. Like other great questions, it cannot be answered by any one person or class for the whole race of mankind, but must receive individual attention from each human being. Therefore it is properly discussed in the monthly issues of GOOD HOUSEKEEPING, one of the pioneer publications for the elevation of the household, which now enters thousands of homes, thus reaching tens of thousands of individuals.

From ANNA L. DAWES,

Author of "How We Are Governed," and a prominent and successful writer on subjects pertaining to Home Culture and Domestic Economics.

I have read with much interest the plan for a discussion of THE FOOD QUESTION, in the pages of GOOD HOUSEKEEPING. It must, I am sure, be of great value, since few questions can be more important to the community, or few problems more difficult. The health of the individual is the foundation of all effort, and proper food is certainly the first requisite for health. Indeed, I am sometimes tempted to agree with those who believe bad cooking the root of all crime. It seems to me that GOOD HOUSEKEEPING cannot do better than devote much space to this subject, unless indeed our chemists are about to make all our food for us, and cooking become a lost art.

From PROF. FRANKLIN H. GIDDINGS,

Professor of Sociology in Columbia College.

I am glad that GOOD HOUSEKEEPING is to open its columns to a discussion of THE FOOD QUESTION, by specially qualified investigators and writers. No other subject is of greater practical and theoretical interest. It has been said that the sun has never yet looked down on a civilized people, and I fear that a scientific examination of the choice and preparation of foods that are still usual among us would go far to prove the saying true. It is certain that we have a great deal yet to learn on this subject, and that somebody must do a great deal of missionary work in persuading people to apply the knowledge that we have to the betterment of their daily lives. GOOD HOUSEKEEPING is surely the journal to which we must look for such good work.

From MRS. ELLEN H. RICHARDS,

Of the Massachusetts Institute of Technology, Boston.

Too much cannot be said on the importance of food for the well-being of mankind. Especially is this true of the brain worker, and I wish you success in your efforts.

From H. O. HOUGHTON,

Of Houghton, Mifflin & Co, Boston, Mass.

There is no doubt that THE FOOD QUESTION is a very important one, and I do not know of any subject more germane

and appropriate than that to be discussed in GOOD HOUSEKEEPING.

From THE NEW YORK MAIL AND EXPRESS.

The chemistry of food and its relations to the human system are not as well understood as could be desired. Any discussion of these elements in the foods commonly consumed that go to make good blood and build up depleted tissues should be welcomed in the dearth of knowledge that exists on the question. GOOD HOUSEKEEPING is taking up this question from the standpoint of experts, who will discuss such subjects as "Breads and Crackers," "Wheats and Wheaten Flour," "Meats," "Sea Food," etc. It may be safely said that, as a people, we eat too frequently and too much. We do not consider, to any extent, the relations of the stomach and what we put into it to the brain and the demands we make upon it. We can well afford to welcome such illumination in the matter of food as experts may offer.

From THE SPRINGFIELD REPUBLICAN.

GOOD HOUSEKEEPING will begin in its October number a series of papers on "THE FOOD QUESTION," which it is intended to continue, in the most thorough way, into and through the next year. The main part of this long discussion of so vital a question of the welfare of the race and of domestic economy will be done by the leading students and specialists in the science of food as it is studied to-day from the points of the chemical composition and effect on the human organism of matters used as food. This is emphatically a modern science. The old notions as to the healthfulness or injury of things eaten were empirical, and while often valuable, they could not form a safe or intelligent guide for diet. Why the various articles of food should produce certain effects at one time and not at another was wholly unexplained. This is but one instance of the real necessity of having the food question set forth clearly for the instruction of the people; and such a purpose is to be fulfilled by the discussion planned by the editor of GOOD HOUSEKEEPING.

THE FAMILY SCRAP BASKET.

COMPILED BITS OF HOUSEHOLD FACT AND FANCY.

If a man gets up when the day breaks can he be said to have a whole day before him?

When Solomon said there was "no new thing under the sun," he had not heard of "fried ice cream."

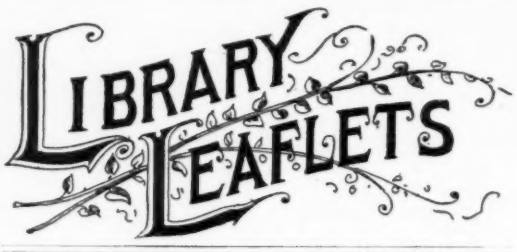
The seeds of asparagus in some parts of southern Europe are dried and used as a substitute for coffee.

A little girl in a butcher shop gazed in wonder at a long string of bologna sausages and, turning to her mother, gravely inquired: "Mamma, what was that when it was alive?"

Mrs. Brown (nudging Mr. Brown, who snores with his mouth open)—William! you'd make less noise if you'd keep your mouth shut! Mr. Brown (only half awake)—So'd you!—Life.

A French woman has been testing the sustaining powers of chocolate by living on it exclusively for sixty days. She came out of the experiment in a fairly good condition, the loss in weight being fifteen pounds.

First Hen—There seems to be trouble hatching in China, if the papers are telling the truth. Second Hen—Well, that is all I have ever been able to hatch from China, and I have tried a long time.—Indianapolis Journal.



The Book of the Fair.

Each number of this magnificent publication has an interest of its own, and each emphasizes afresh the magnitude, not only of the great World's Fair of 1893, but of the task of presenting an adequate description and pictorial representation of its salient features. Part 14 contains the larger portion of the chapter on Fisheries, with the usual number of superb pictures, and also the beginning of Chapter 18, which is devoted to Transportation. In the latter, the illustrations range over the entire field, from the ox-drawn chariot of old to the interiors of the most sumptuous modern palace cars; while the letter press reviews the progress of the ages, and pictures fondly the time when—some time next century—the traveler may take cars at New York and proceed without change to Paris or London, to attend some international exposition in those cities, going by way of Bering Strait, over which engineering science will have thrown a safe and imposing bridge. The work is published in twenty-five parts at $1 each, by the Bancroft Company, Auditorium building, Chicago.

Claudia Hyde.

CLAUDIA HYDE. A Novel. By Frances Courtenay Baylor, author of "On Both Sides," etc. Cloth, 442 pages, $1.25. Boston and New York, Houghton, Mifflin & Co.

The author has constructed a very mild-mannered novel, dealing with events of the ordinary kind in a way to which no more serious exception can be taken than that the action is at times somewhat sluggish, and the details too minutely and diffusedly dwelt upon. The story opens with the hero at "lodgings" in London, where he has just been jilted by a peculiarly heartless beauty. A chance advertisement and an uncontrollable impulse take him to America, where he meets Claudia, learns to love her and finally wins her; realizing through all the stages of the experience that what had seemed the most cruel blow of his life was after all but a rich blessing in disguise.

Koradine Letters.

KORADINE LETTERS—A Girl's Own Book. By Alice B. Stockham, M. D., author of "Tokology," and Lida Hood Talbot, interpreter of Delsarte and author of "Scrap Book Selections." Also Creative Life, a special letter to young girls. Cloth, 12mo, 424 pages, prepaid, $2.25. Chicago, Alice B. Stockham & Co.

This work, in a series of thirty-five letters, in the words of the publishers, reveals progressively the development of a young girl in body, mind and spirit. It includes family and social life, a rational method

of education and the knowledge of spiritual law. Koradine is a bright girl, alive to impressions, quick in discernment and clear in intuition. In telling her story she carries the reader into philosophy, metaphysics and the conduct of life. Her parents, like Frœbel, lived with their children, and if she evinces wisdom beyond her years, it must be attributed to the fact that they never withheld wisdom from her. Really, most children are wiser than they get credit for, because they are not encouraged in expressing their ideas. Koradine is a natural girl among natural things, and hers is a story of a glad heart that must carry gladness to all who understand her meanings.

His Vanished Star.

HIS VANISHED STAR. By Charles Egbert Craddock. A Novel. Cloth, 16mo, 394 pages, $1.25. Boston and New York, Houghton, Mifflin & Co.

The peculiar, wild, rough, lawless life of the Tennessee mountaineers, which has proved to this author so prolific a field, does duty again in furnishing the scene, characters and adventures for "His Vanished Star." While the present novel will scarcely rank among the greatest of Miss Murfree's stories, it has certainly sufficient of interest to hold the attention of the reader from the opening to the close. The gruesome associations and traditions of the Lost Time mine, with the secret, illicit transactions of which it was the scene, the lawless, reckless, brutalized men who come and go across the absorbing pages, with the sprinkling of more attractive life—all these are handled with masterly skill in the working out of the author's purpose.

The Shepherd's Family.

THE SHEPHERD'S FAMILY. Translated from the German of Gustav Nieritz, by Mary E. Ireland. Cloth, 12mo, 111 pages, 60 cents. Richmond, Va., Presbyterian Committee of Publication.

This is a companion volume to "The Siberian Exiles," recently given to the American public by the same author, translator and publishers, dealing also with the same romantic period—that of the invasion of Russia by Napoleon in 1812. The present story is powerfully written, and in the translation the translator has admirably preserved the flavor of the original, while clothing the narrative in an English dress of unexceptionable quality.

The Exiles.

THE EXILES, and Other Stories. By Richard Harding Davis, author of "Our English Cousins," "The West from a Car Window," etc. Cloth, post 8vo, illustrated, 221 pages. New York, Harper & Brothers.

In addition to the leading story, which gives its title to the book and occupies the first sixty-six pages, there are a half-dozen other stories, written in the peculiar vein of Mr. Davis, but covering a diversity of scene and incident. It is too late to criticise the style or methods of this author, for the popularity of his works shows the public appreciation of his writings. At first thought, one is inclined to regard his construction as rough and unfinished, and especially to experience a feeling of disappointment at the manner in which his stories end, suspended in mid-air, as it were; but the perfection and strength back of the peculiarities soon asserts itself, and the casual glance at one of his compositions becomes the preface to a complete and careful reading. A good picture of the very youthful looking author forms the frontispiece to this volume, which has besides a number of handsome full-page illustrations.

The Siberian Exile.

THE SIBERIAN EXILE. Translated from the German of Gustav Nieritz, by Mary E. Ireland. Cloth, 16mo, 122 pages, 60 cents. Richmond, Va., Presbyterian Committee of Publication.

The story which forms this volume is not a pretentious one, but it is pleasingly told, and presents a vivid picture of Russian life, for two or three years preceding the historic invasion of Russia by Bonaparte in 1812. The climax and happy denouement come in connection with the tragic events associated with the burning of Moscow by the Russians, in order that the capital of the empire might not give shelter through the winter to the invading army. The work of this translator has been previously commended; in this instance she has fully maintained the gratifying merit of her previous efforts.

The Care and Feeding of Children.

THE CARE AND FEEDING OF CHILDREN. A Catechism for the Use of Mothers and Children's Nurses. By L. Emmett Holt, M. D., Professor of diseases of children in the New York Polyclinic, attending physician to the Babies' Hospital and the Nursery and Child's Hospital, New York. Flexible cloth, 66 pages, 50 cents. New York, D. Appleton & Co.

In this small book the author has gathered in catechismal form a vast amount of information and suggestion regarding the care of children, especially during the infantile stages. It is a work which may be most unqualifiedly commended for those having the care of infants, as it is straightforward, direct and sensible in all its instructions and advice. There can never be too many books of this class, if by their multiplication the truths which they impress may be more widely known and heeded.

Appletons' Town and Country Library.

A YELLOW ASTER. By Iota. No. 139. Paper, 307 pages.

THE RUBICON. By E. F. Benson, author of "Dodo." No. 140. Paper, 311 pages.

THE TRESPASSER. By Gilbert Parker, author of "The Translation of a Savage," etc. No. 141. Paper, 275 pages. Each, 50 cents; annual subscription, 24 numbers, $10; in cloth, $1 per volume. New York, D. Appleton & Co.

The trio of novels above named will be found of more than usual merit, strongly written in what we may call the style of the modern English school, while the mechanical execution by the American publishers is wholly creditable.

Publishers' Desk.

SPRINGFIELD, MASS., OCTOBER, 1894.

Good·Housekeeping

CONDUCTED IN THE INTERESTS OF THE HIGHER LIFE OF THE HOUSEHOLD.

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Discontinuances. Subscribers wishing GOOD HOUSEKEEPING stopped at the expiration of their subscription must notify us to that effect; otherwise we shall consider it their wish to have it continued. All arrearages must be paid.

CLARK W. BRYAN COMPANY, PUBLISHERS,

SPRINGFIELD, MASS.

NEW YORK OFFICE, 38 Times Building.

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GOOD HOUSEKEEPING is interesting from beginning to end.—Springfield Union.

One cannot find room for all the good things to be found in GOOD HOUSEKEEPING.—Boston Times.

There is no better magazine of its kind published than GOOD HOUSEKEEPING —Herald, Syracuse, N. Y.

GOOD HOUSEKEEPING is the best all-round woman's journal we know anything about.—Patriot, Lamoni, Ia.

A housekeeper without GOOD HOUSEKEEPING is like a ship without a rudder.—San Francisco Hotel Gazette.

GOOD HOUSEKEEPING is truly useful in its many suggestions and ideas.—Episcopal Methodist, Richmond, Va.

For intrinsic value as a domestic magazine GOOD HOUSEKEEPING bears the palm.—The Free Methodist, Chicago, Ill.

GOOD HOUSEKEEPING is one of the best friends of the housekeeper; its practical suggestions are invaluable.—Albany Times-Union.

It would be hard to find a monthly better adapted to the practical housekeeper than GOOD HOUSEKEEPING.—Advocate and Guardian, New York.

GOOD HOUSEKEEPING is a healthy, honest, intelligent and trustworthy counselor and companion in household affairs.—Springfield Republican.

GOOD HOUSEKEEPING will be found one of the best periodicals for the home, outside of their religious newspaper.—Morning Star, Boston, Mass.

In valuable recipes, GOOD HOUSEKEEPING is a cyclopædia of information for housewives and servants —The Star-Independent, Harrisburg, Pa.

GOOD HOUSEKEEPING is one of the best magazines published, and is replete with interesting information for the housekeeper.—The Windsor (Ill.) Gazette.

GOOD HOUSEKEEPING does not stop at good cooking, but has many well-written items upon good clothes and how to wear them.—News Agent, Chicago, Ill.

GOOD HOUSEKEEPING is in fact, as its title-page declares, "a family magazine, conducted in the interests of the higher life of the household."—Pennsylvania Grocer.

If GOOD HOUSEKEEPING wasn't always so good! There really seems nothing to criticise about this excellent magazine. And praise becomes monotonous.—Michigan Farmer.

Few housekeepers know so much about their business that they will not be benefited by reading GOOD HOUSEKEEPING, and not many journals will aid them more than this.—St. Louis Christian Advocate.

GOOD HOUSEKEEPING is laden with important matter in the line of its mission, which no other periodical devoted to the same purpose excels in excellence. No family should be without this publication.—Harrisburg Independent.

GETTING BABY TO SLEEP.

The Cradle Out of Date, but Cradle Songs Remain—Better Infant Food Brings Sounder Sleep, With Little Need of Rocking.

IN the old New England Cabin at the Midway Plaisance, among the quaint bits of furniture there was an old-fashioned cradle such as busy mothers used to push with their feet while they hummed a soft lullaby. The cradle is out of date and the tiny, lace-draped crib has taken its place. Cradle songs remain. No better ones have been written since mothers hushed their tired ones to sleep with "Rock-a-bye, Baby," and "Bye, Baby Bunting," but the art of infant feeding has gone far ahead of the old ways. Mothers no longer give sirups to still babies' cries; little or no medicine is now given, but better food. Lactated food is now known to every mother. In the great majority of homes in this country and in Canada this best of infant foods has found a permanent place.

Next to healthy mother's milk it is the most perfect diet for infants.

Very often it is much superior to the natural breast milk, because it never becomes deficient in nutritive qualities. It cannot contain any source of contagion. It is perfectly prepared, to be pleasing to the weak infant stomach. It quickly makes solid flesh and bone, and tides sickly babies over summer days and nights when cholera infantum and diarrhœa threaten the lives of every poorly nourished child.

MARY C. REYNOLDS.

The greatest reproach to practical medicine has been the fearful loss of infant lives at every return of the hot weather. The attention of the whole medical world has been directed to this great subject of proper infant feeding, especially during hot weather.

Under the advice of the professors in the medical department of the Vermont University, more especially that of Prof. A. P. Grinnell, dean of the university, and Dr. S. M. Roberts, professor of diseases of children, and under the investigation and direct supervision of Prof. C. S. Boynton, the manufacture of lactated food was begun. It has saved thousands of baby lives and enabled thousands more to grow up strong and big and blessed with sturdy constitutions.

A host of mothers have to thank lactated food for the joy of seeing their drooping, silent, white-faced little ones turn to bright-eyed, charming babies, that eat and sleep and grow in a way to delight any mother's heart. Great numbers of such mothers have written that nothing else would agree with their children but lactated food. A trial of less than two weeks will tell its own story in baby's weight, eyes, cheeks and spirits. Nursing mothers find lactated food just adapted to their peculiar needs. It nourishes both mother and child. And this is what one would expect from a knowledge of its rich, blood-making ingredients; using pure milk sugar as a basis, because it is also the basis of mother's milk, there is added the richest gluten flour of wheat and oats. These are subjected to high steam heat under pressure, and while in constant motion and perfectly cooked, the extract of the finest malt barley is added, making thus a partially digested food that is easily assimilated by the feeblest stomach.

Invalids and aged persons find lactated food the most grateful to their weak stomachs of any nutriment they can take.

Here is the experience of the sweet baby girl whose portrait is given above. Her mother, Mrs. E. E. Reynolds of Fair Haven, Vt., writes:

"Our little girl is a perfect picture of health, having used lactated food since she was two months old. She has always been perfectly well and we think it is largely due to the food."

MEN WHO ARE ALWAYS BUSY.

Paine's Celery Compound Brightens the Eye, Increases the Appetite, Restores Sleep, Regulates the Vital Organs.

Under the stress of social or business duties, or both, how few business men find time to properly repair the waste of excessive mental labor and close confinement.

The result of this neglect is plainly to be read in the careworn, nervous faces and physical poverty of the average business men one meets.

But Paine's celery compound brightens their eyes, increases their appetites, causes good digestion and regular action of the organs of assimilation. It is the greatest of all modern restorative agents.

Paine's celery compound is prescribed by physicians who differ in many other things, but agree in estimating highly this greatest of remedies for curing diseases of the kidneys, rheumatism, gout, dyspepsia, Bright's disease and stomach disorders due to a deranged nervous system.

Fugitive Verse.

MY MOTHER'S SONG.

When the thrushes cease their singing, and the wild bees leave the clover:
When the glory of the sunset fades, and leaves the heavens pale;
When above the hill and mountains misty shades of twilight hover,
And the discords of the daytime far away in distance fall;

When the rath wheat gently rustles, and the timid aspens shiver,
And the west winds sighing softly scent from sleeping flowers bring;
When the peewits cry together plaintively by brook and river—
Then it is I hear the old song that my mother used to sing.

Round my neck I feel the pressure of her fingers warm and slender,
As in sleeping dreams and waking I have felt it many times,
Just as when of old I listened to that ditty, quaint and tender,
Till the boughs that waved above us caught the cadence of the rhymes;

And my heart throbs loud and quickly as I hear it rising clearer,
Youth is mine, its hopes and visions, dreams and plans are mine again;
Earth is fairer, life is sweeter—aye, and heaven itself seems nearer
To me as I list in fancy to that ne'er forgotten strain.

—Chambers' Journal.

IN GOD'S ENCIRCLING ARM.

We sail toward evening's lonely star,
That trembles in the tender blue;
One single cloud, a dusky bar
Burnt with dull carmine through and through,
Slow smouldering in the summer sky,
Lies low along the fading west;
How sweet to watch its splendors die,
Wave-cradled thus, and wind-caressed!

The soft breeze freshens; leaps the spray
To kiss our cheeks with sudden cheer.
Upon the dark edge of the bay
Lighthouses kindle far and near;
And through the warm deeps of the sky
Steal faint star-clusters, while we rest
In deep refreshment, thou and I.
Wave-cradled thus, and wind caressed.

How like a dream are earth and heaven,
Star-beam and darkness, sky and sea;
Thy face, pale in the shadowy even,
Thy quiet eyes that gaze on me!
O realize the moment's charm,
Thou dearest! We are at life's best,
Enfolded in God's encircling arm,
Wave-cradled thus, and wind caressed.

—Celia Thaxter.

SUMMER'S DONE.

Along the wayside and up the hills
The golden-rod flames in the sun;
The blue-eyed gentian nods good-by
To the sad little brooks that run.
And so summer's done, said I,
Summer's done!

In yellowing woods the chestnut drops;
The squirrel gets galore;
Though bright-eyed lads and little maids
Rob him of half his store;
And so summer's done, said I,
Summer's done!

The maple in the swamp begins
To flaunt in gold and red,
And in the elm the fire-bird's nest
Swings empty overhead;
And so summer's done, said I,
Summer's done!

The barberry hangs her jewels out,
And guards them with a thorn;
The merry farmer boys cut down
The poor old dried-up corn;
And so summer's done, said I,
Summer's done!

The swallows and the bobolink
Are gone this many a day;
But in the morning still you hear
The scolding, swaggering jay!
And so summer's done, said I,
Summer's done!

A wonderful glory fills the air,
And big and bright is the sun;
A loving hand for the whole brown earth
A garment of beauty has spun;
But for all that, summer's done, said I,
Summer's done! —Unidentified.

FATE.

Two shall be born the whole wide world apart,
And speak in different tongues, and have no thought
Each of the other's being, and no heed;
And these o'er unknown seas to unknown lands
Shall cross, escaping wreck, defying death;
And, all unconsciously, shape every act
And bend each wandering step to this one end:
That, one day, out of darkness they shall meet
And read life's meaning in each other's eyes.

And two shall walk some narrow way of life
So nearly side by side that, should one turn
Ever so little space to right or left,
They needs must stand acknowledged face to face,
And yet, with wistful eyes that never meet,
With groping hands that never clasp, and lips
Calling in vain to ears that never hear,
They seek each other all their weary days
And die unsatisfied—and that is fate!

—Mrs. Susan Marr Spalding.

To all Suffering from Overwork, Excitement, Sleeplessness, Weakness and Debility,

CROSBY'S VITALIZED PHOSPHITES

will prove a valuable restorative. It is a Food to the Brain and Nerves, increasing activity and vital force, *preventing* Nervous Exhaustion. It aids wonderfully in the bodily and mental growth of children. It contains nothing injurious. Formula on each label. Endorsed by leading physicians. Descriptive pamphlet free.

Druggists or by mail ($1) from 56 West 25th St., N. Y.

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F. Crosby Co.

DREAMLAND.

WILMINGTON INSTITUTE.

Autumn.

The air is soft as infant's sigh.
Above, a warm, autumnal sky
Bends down, to smiling earth to greet;
'Tis vintage-time. At Bacchus' feet
Are heaped the spoils from hill and plain
Borne thither by a sunbronned train.

Afar, a dreamy, purple haze
Entrails the hills, and thro' the ways
Of wood and dell, comes Autumn, crowned
With vine leaves o'er her tresses bound
The ruddy wine draught all aglow
In her quick pulses' sparkling flow.

J. Torrey Connor.